



AOP TECH PARENTS

News for Kids

These sites and apps provide up to date news articles at developmentally appropriate reading and maturity levels.

- **News-o-Matic** (App for iOS and Android, Free)
The News-o-matic suite of apps are perfect for K-5 children. Updated daily, this app provides a mini newspaper with articles ranging from current events to pop culture.
- **Youngzine** (www.youngzine.com)-
Created for K-8 children, Youngzine is a web based newspaper, focusing on current events, both domestic and international. It's even been recognized by the American Library Association!
- **Newsela** (www.newsela.com) - Also an award winning tool, Newsela's articles can be adjusted for reading levels from 3rd grade to collegiate levels. This site does require an account, but parents and students can join for free!



Our Kids, The News, and Difficult Conversations

Today we have access to the news in ways generations previously couldn't imagine. From 24/7 television news stations to push notifications on our phones, the news is everywhere. Your children may need help in processing and comprehending

breaking news. These events are often emotionally jarring and overwhelming; be the trusted adult for your child's questions. In discussing news with children, it is important to consider both their age and maturity level. AoP Tech would like to offer the following tips for discussing the news at every age level:

• Ages 7 and under:

Minimize exposure to disturbing news stories - Not all children these ages need or can handle these types of stories. Consider turning off the news for the first 15 minutes of the broadcast when most breaking news is discussed. Alternatively, be sure to watch together as a family.

Stress safety - Children will look for reassurance at this age; stress that your family is safe. This could open up a conversation about staying safe in your own neighborhood, such as stranger danger.

• Ages 8-12

Avoid repeated showing of the same news story - 24 hour news stations can trigger fear and anxiety in children. Watch together, monitor their exposure, discuss, and walk away.

Be available for questions - Children of this age will have many questions and concerns; help them to process this information by having an open dialogue on their terms. When needed, seek out resources like the websites listed, or your child's teacher for way to approach sensitive topics. The questions may not flow for a few hours or days, but be ready and open when your child is.

• Teens

Help teens express themselves - Teens will most likely have strong opinions, thoughts, and concerns on the latest news. Along with open conversation that does not dismiss their emotions, help teens find outlets that allows them to express their feelings. This can be as simple as going for a walk with a parent to chat in a more relaxed setting to artistic expression, such as drawing or painting.

"How to Help Kids Feel Safe." *PBS Parents*. PBS, Dec. 2015.
Knorr, Caroline. "Explaining the News to Our Kids." *Explaining the News to Our Kids*. Common Sense Media, Dec. 2015.