

Resources regarding the Russia/ Ukraine conflict

Newspaper articles with advice for parents on how to discuss the situation with children (please note - the school is not promoting any particular approach for parents to adopt, but just passing on the below for your own information/ consideration as it may be helpful to some parents):

- How to talk to children about what's happening in Ukraine and World War Three anxiety (Metro) <https://metro.co.uk/2022/02/24/how-to-talk-to-children-about-whats-happening-in-ukraine-16163133/>
- How and when to talk to children about war, according to a parenting expert (Independent) <https://www.independent.co.uk/life-style/children-war-talk-russia-ukraine-b2023695.html>

Resources for children (please note - parents should preview these first to decide whether they are appropriate):

- NSPCC provide some advice for any children feeling anxious about the situation <https://www.childline.org.uk/get-involved/articles/worrying-about-russia-ukraine/>
- For older children, Newsround can also be a useful source if children wanted to know more about the situation. <https://www.bbc.co.uk/newsround/60073636> This is not designed to provide support but more to educate them on the situation if parents felt this appropriate.

For anyone who would like to know how you could help with what is happening right now in the Ukraine - one way is to support local charities working in the Ukraine. There are several Ukrainian charities working on the ground who you may wish to donate to:

- [Sunflower of Peace](#) is a charity that helps paramedics and doctors, and has been fundraising for supplies, which includes first aid medical tactical backpacks.
- [United Help Ukraine](#) focuses on providing medical supplies and humanitarian aid, and raising awareness of the conflict.
- [Voices of Children](#) aims to help children affected by the war in eastern Ukraine, providing support through art therapy, psychologists, video storytelling and a number of other methods.
- The [British Red Cross](#) has launched an emergency appeal to help Ukraine. The charity will be updating its webpage with news on the work its team is doing, and how support will be used to help people.

In addition, the Global Citizen website has also put together a list of 20 meaningful ways that you can help:

<https://www.globalcitizen.org/en/content/ways-to-help-ukraine-conflict/>