



A Message from Rabbi Julie about speaking with your children about the war in Israel:

Dear families,

We are reeling from the horrors of the weekend. While we try to process the reality of the start of an extended war in Israel, while we mourn and grieve for the losses and pray for peace, it can be challenging to know what to share or not to share with our children. I hope that the information here will be helpful to you - and please know that all of CBI's clergy are available to you for support.

HOW TO TALK WITH CHILDREN ABOUT THE WAR IN ISRAEL

Generally, it is not appropriate or necessary to discuss this with preschool-aged children. It can be hard to fully shield them from hearing others discussing current events or from seeing images given the prevalence of technology and our devices. Should young children ask about something they have heard or seen, be sure to answer only the question they have asked in the simplest way possible. Do not assume they are asking more than the basic question.

Slightly older children will need reassurance that we are safe in the United States and that we pray for peace in Israel and throughout the world every day. They are more likely to hear things at school or from the adults around them.

If you are looking for some meaningful action that is appropriate for children, you might consider this:

Want to [thank an Israeli soldier](#) for their service? Record a video to send them, speaking in whatever language you wish. Send your video over WhatsApp to +1-201-620-8540.

These articles may be helpful as well:

[How to Talk to Your Children About Tragic Events](#)

[How to Talk to Kids About What's Happening in Israel Right Now](#)

If you would like an easily understandable summary of how we got here, I

recommend [Unpacked for Educators](#) - appropriate for grades 5 and up.

And if you would like a soundtrack of songs for Peace, [this is on Spotify](#) .

Please reach out if we can offer you anything.

B'shalom,
Rabbi Julie