



Supporting Children During Uncertain Times – Guidance for Parents
(FS to Year 10)

Dear Parents,

Greetings from **The Apple International Community School**.

During times of regional or global uncertainty, children may overhear conversations, notice changes in adult behaviour, or access information through peers and media. Even when we believe they are not fully aware, they are often highly sensitive to shifts in tone, mood, and routine.

Our responsibility as adults is not to provide every detail, but to provide emotional steadiness.

Start With Regulation at Home

Children take their emotional cues from adults. Before responding to their questions, ensure that you are calm and grounded.

- Maintain daily routines as consistently as possible. Predictability creates a sense of safety.
- Avoid repeated exposure to distressing news.
- Be mindful of discussing alarming details in front of children.
- Slow your pace of speech and movement — urgency can heighten anxiety.
- Prioritise sleep, hydration, and regular meals for yourself and your child.

Consistency at home reduces anxiety and strengthens a child's ability to cope with uncertainty.

How to Communicate — Age-Specific Guidance

Ages 3–7 years

Keep explanations brief and reassuring.

You may say:

“Some countries are having disagreements. There are adults working to keep everyone safe. We are safe here.”

Ages 8–12 years

Provide simple, factual explanations without dramatic language.

Correct misinformation calmly when necessary.

Repeated questions are part of how children process uncertainty.

Ages 13 years and above

Encourage checking reliable sources and limit excessive media exposure.

Discuss how social media can amplify fear.

Be honest, but avoid worst-case speculation.

Students preparing for assessments may show increased irritability or anxiety — allow space for expression without dismissing their emotions.

For All Age Groups

- Validate feelings without dismissing them.
- Keep explanations truthful, calm, and measured.
- Maintain school routines, study schedules, family meals, and regular sleep patterns.
- Prioritise steady, consistent conversations over reactive discussions.

If you observe persistent changes in mood, sleep, appetite, social engagement, or behaviour, timely support is important.

Additional Guidance for Students of Determination

Students of Determination, particularly those with sensory sensitivities or additional learning needs, may experience heightened reactions to sudden sounds, routine disruptions, or increased environmental tension during such periods.

To support emotional regulation at home, you may consider:

- Offering deep pressure input such as a firm hug (if welcomed), a weighted blanket, or wrapping in a familiar blanket
- Allowing safe self-regulating behaviours such as rocking, humming, squeezing a soft toy, or holding a comfort object
- Providing noise protection (headphones, covering ears, or soft background sound) during loud or unexpected noises
- Using short, predictable reassurance statements such as: “You are safe. I am here. The sound will pass.”
- Maintaining structured routines as consistently as possible
- Creating a quiet, low-stimulation space where your child can settle
- Offering calming sensory input such as crunchy snacks or warm drinks

These responses are part of how children regulate their nervous system. Calm, predictable guidance helps them return to a more settled and organised state.

Counselling Support & Listening Post

The School Counsellor remains available to support both students and parents during this time.

Our **Listening Post**, previously introduced through the school newsletter, remains active. Parents may scan the QR code shared earlier to confidentially raise concerns or request guidance.

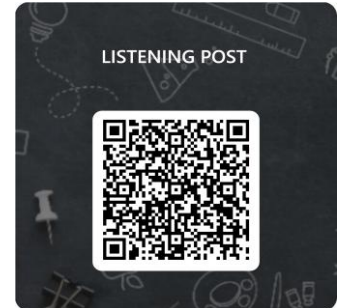
Concerns shared through the Listening Post are reviewed by the **Inclusion and Wellbeing Team**, allowing for coordinated follow-up and appropriate support where required.

You may also contact:

Joshmy Kuruvila

School Counsellor

Email: counsellor@applecommunityschool.ae



Early communication allows us to provide structured and meaningful support. Through calm communication and consistent guidance, we can help our children feel secure and emotionally equipped to navigate uncertainty.

Thank you for your continued cooperation and support.

Kind Regards,

Pretty Khosla

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Principal