

# Temple Responds: Israel

## Resources for Parents of Young Children (ages 0-5)

### Talking to Young Children About Difficult Things

#### *Navigating Age-Appropriate Conversations*

- The Jewish Education Project: [Talking to children \(1-hour video\)](#)
- Kveller.com: <https://www.kveller.com/how-to-talk-to-kids-about-whats-happening-in-israel-right-now/>
- National Child Traumatic Stress Network: [https://www.nctsn.org/sites/default/files/resources//age\\_related\\_reactions\\_to\\_traumatic\\_events.pdf](https://www.nctsn.org/sites/default/files/resources//age_related_reactions_to_traumatic_events.pdf)
- Union for Reform Judaism: <https://reformjudaism.org/reform-jewish-life/youth-family-community/parenting/how-talk-children-about-conflict-israel>
- Center for Resilience and Well Being in Schools: <https://www.nctsn.org/sites/default/files/resources/fact-sheet/talking-to-children-when-scary-things-happen.pdf>
- Center for Resilience and Well Being in Schools: <https://www.nctsn.org/sites/default/files/resources/fact-sheet/creating-supportive-environments-when-scary-things-happen.pdf>
- Sesame Workshop: <https://sesameworkshop.org/resources/offering-comfort-in-scary-times/>

#### *Wellness Resources for Parents*

- Guided Meditation: <https://www.youtube.com/watch?v=DWOHcGF1Tmc>
- Sesame Workshop: <https://sesameworkshop.org/resources/teaching-belly-breathing/>
- The Blue Dove Foundation: <https://thebluedovefoundation.org/our-message-to-the-blue-dove-community-on-the-situation-in-israel/>
- The Blue Dove Foundation: <https://www.tedallas.org/wp-content/uploads/2023/10/Ladder-of-Emotional-Regulation-1.pdf>
- The Blue Dove Foundation: [https://thebluedovefoundation.org/resource\\_category/adolescent-teen/#:~:text=Jewish%20Mantras%3A%20How%20to%20Change%20Your%20Brain&text=This%20resource%20will%20describe%20brief,verbalize%20and%20analyze%20our%20emotions.](https://thebluedovefoundation.org/resource_category/adolescent-teen/#:~:text=Jewish%20Mantras%3A%20How%20to%20Change%20Your%20Brain&text=This%20resource%20will%20describe%20brief,verbalize%20and%20analyze%20our%20emotions.)

#### *Spiritual Resources*

- [Israel Solidarity Event Message from Rabbi David Stern](#)
- [Playlist of songs for peace](#) shared by Cantor Vicky Glikin
- [In God's \[Not Yet Perfect\] House, Psalm 27:4](#) by Rabbi Debra Robbins

#### *Fact Sheets/Information about the War in Israel*

- Israel Link: [https://docs.google.com/document/d/1m8jEj2m5AAk9wbtRQSiCpQ-QK\\_rGsGfwJU1Ho\\_ZNWRE/edit](https://docs.google.com/document/d/1m8jEj2m5AAk9wbtRQSiCpQ-QK_rGsGfwJU1Ho_ZNWRE/edit)
- Stand With US: <https://www.standwithus.com/situationroom>
- Unpacked for Educator: <https://unpacked.education/article/october-2023-israel-hamas-war-we-answer-your-faqs/>
- Center for Israel Education: <https://israeled.org/israel-hamas-war/>

#### *Social Media Guidance*

- ADL: <https://www.adl.org/resources/tools-and-strategies/tips-engaging-and-disengaging-social-media>
- The Social Institute: <https://thesocialinstitute.com/blog/the-social-institutes-recommendations-for-navigating-violent-content/>
- ADL: <https://www.adl.org/online-hate-and-harassment-safety-guide>