

THE PLAN:



Tips for Talking to Your Kids



INTRODUCTION: SETTING THE TONE

Acknowledge Their Feelings

“Mijo(a)(e), I want to talk to you about something important for our family. I know this topic might be a little difficult, but I want you to know that we are in this together, and I will always try to protect you.”

Explain Why You’re Discussing the Plan

“Sometimes, in this country, there are laws and people that can be worrisome for us as an immigrant family. That’s why we want to have a plan, so we’re ready and safe no matter what happens.”



TALKING ABOUT THE PREPAREDNESS PLAN

Explain the Plan in Age-Appropriate Language

For younger children:

“If there’s an emergency and I’m not with you, we have a special person who will take care of you. This person loves you very much and will help until I can be with you. It’s like when we practice what to do in case of a fire or an earthquake at home, but this time it’s for a different kind of emergency.”

For older children/teenagers:

“We want to make sure you know exactly what to do if, for any reason, we can’t come home. Having this plan doesn’t mean something bad will happen, but it gives us peace of mind knowing we’re prepared.”

Provide Reassurance & Empower Them

“Remember, everything we do as a family is for our well-being. This plan is just another way to take care of and love each other.”



ONE STEP AT A TIME

Share Specific Steps & Practice if Needed

“If someone comes to the house asking questions, you don’t have to open the door or say anything. Just call [designated person] or me. Do you understand that?”

“If you can’t find me or feel scared, here is the phone number for [trusted contact] and [lawyer]. Let’s practice how to call them together.”

Use Visual Aids (Especially for Younger Kids)

“This is a paper with the names and important phone numbers written on it. I want you to put it in a safe place you can remember. We’ll review it together from time to time to make sure everything is clear.”



EDUCATION

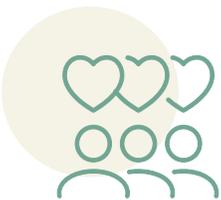
Talk About the Importance of Education

“In times of uncertainty, maintaining some normalcy can help us feel better. Going to school is an important part of that normalcy for you. I want you to know that continuing to learn, being with your teachers and friends at school, is very important. It will help you feel calmer and move forward.”

“I will always do everything I can to make sure you can keep going to school. If you need to talk to someone at school about how you’re feeling, I want you to know it’s okay to do so.”

Ensure Preparedness for School Continuity

“If I can’t be with you for a while, the person taking care of you knows everything about your school, your teacher, and what you need. This also includes any special plans you have, like your Individualized Education Plan or behavior plan. I want to make sure you always have support at school, no matter what happens.”



TAKING CARE OF THEIR HEARTS

Provide Comfort Items & Discuss Their Importance

“Sometimes, when things get tough, having something that makes us feel close to our family can help a lot. If you feel scared or anxious, you can hug your favorite blanket, look at a family photo, or hold your special stuffed animal. These small items can bring you a bit of calm and remind you how much I love you. Is there something special that helps you feel calm? Do you have any idea?”

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TAKING CARE OF THEIR HEARTS (Continued)

Identify a community of support:

“Remember, it’s not just me—you also have [support contact name] and [another trusted contact]. These are adults who also want to help you and can be there for you when you need them. It’s important to have a team to support us.

Reinforce safety through connection:

“I want you to know that if you ever feel worried or need to talk, you can reach out to these people. You can also tell me which people make you feel safe and comfortable so that you are always surrounded by love and support.



ADDRESSING FEARS AND QUESTIONS

Create a Safe Space for Emotions

“Is there anything about this that worries you? It’s okay to feel scared or unsure, but I always want you to talk to me. I’m here for you.

Offer Comfort & Hope

“Even though things might seem difficult at times, we’re stronger together. We’ll look out for your well-being, and there are many good people out there who are also helping us.



CLOSING THE CONVERSATION

End On a Positive & Hopeful Note

“We’re a team, and this makes us stronger. Everything we do is with love and with the confidence that we’re keeping us safe.

Commit to Reviewing the Plan Together

“We’ll practice this every now and then so we’re always ready. Remember, you’re not alone in this—we’re a team.

“Empower your children with truth and compassion—because in moments of uncertainty, knowledge and love are the strongest tools we can give them.”

