



Recommended Resources for Video: Caregivers on Managing Current Events

Overview: Media coverage is 24/7 and ever-present in our daily lives. Military families may feel additional stress effects or experience/observe higher anxiety or even triggers to PTSD. It's important to be mindful of personal reactions to media, to limit screen time, and to be aware of the possible stressful effects on children of all ages.

Resources: http://www.nhlbi.nih.gov/health/educational/wecan/reduce_screentime/tips-to-reduce-screen-time.htm

http://www.today.com/parents/study-tv-time-toddlers-linked_risk-being-bullied-t32821

http://abcnews.go.com/US/distracted-walking-petextrians_endangering-streets/story?id=32990067

https://kaiserfamilyfoundation.files.wordpress.com/2013/01/key_facts-children-and-the-news.pdf

<https://www.common sense media.org/blog/explaining-the-news-to-our-kids>

http://www.huffingtonpost.com/2015/02/19/violent-media-anxiety_n_6671732.html

Videos: <https://www.youtube.com/watch?v=HipTElQZvEY>

<http://wtvr.com/2015/08/11/distracted-walking/>

<https://www.youtube.com/watch?v=sem8SWgSgRw>

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