

Explaining another week of violence to your kids

By Sonali Kohli, Los Angeles Times

A 13-year-old in California shook her head at the TV. A 5-year-old in Pittsburgh asked her father why people are so angry.

As America coped with one tragic moment after another this week, with the deaths of Alton Sterling and Philando Castile followed by the shooting of a dozen police officers in Dallas, the country's parents had an added task: explaining each act of violence to their children.

"If [children] see a bunch of this on television, they can become the indirect victims of trauma," said Suzanne Silverstein, director of the Cedars-Sinai Psychological Trauma Center.

African American children might be afraid for their own lives or for their friends and families when they see black men being shot. Children of law enforcement officers might be even more afraid for their parents after learning what happened in Dallas.

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