

October 2023

The news we are hearing from Israel is horrifying and difficult to comprehend. Our hearts and prayers are with Israel. We are hoping and praying for a peaceful resolution soon.

As hard as it is for adults to process what is happening in Israel, it is even harder for children. They need our support and reassurance. One of the most important things we can do is tell our children that their thoughts, questions, and feelings are valid and important. Encourage your children to ask questions. It's okay to tell your children that you don't know the answer to something and will need to find additional information. I am including a (non-comprehensive) list of resources. Some of the resources are designed for adults to learn more before sharing information with children.

In religious school and in Midrasha students learned about what is happening in Israel now. These discussions included opportunities to process what we are hearing, ask questions, and come together as a supportive community.

My hope is that children will know that their thoughts and feelings are valid and that religious school, Midrasha, and Temple Beth El are places where they can express those thoughts and feelings.

We hope and pray that the words we say in the Prayer for the State of Israel come true:  
וְנָתַתָּ שְׁלוֹם בְּאֶרֶץ וְשִׂמְחַת עוֹלָם לְיוֹשְׁבֶיהָ /v'natata shalom ba'aretz, v'simchat olam  
l'yoshveha/Bless the Land with peace, and its inhabitants with lasting joy.

Resources:

<https://educator.jewishedproject.org/content/how-talk-children-about-israel-today>

timesofisrael.com (resource for adults)

Israelhayom.com (resource for adults)

<https://pjlibrary.org/beyond-books/pjblog/october-2018/how-to-talk-about-violence-with-kids> (resources for for adults and children)