



## EcoNugget

### Talking to your kids about climate change

- Educate yourself. Check out this link.  
<https://davidsuzuki.org/what-you-can-do/what-is-climate-change/>
- Talk about what you are doing to help the planet and what you can do together.
- Ask questions to find out their thoughts about climate change.
- Acknowledge that feeling anxious, sad, angry and frustrated are appropriate responses that can lead to us taking action.
- Share information about how collective action helps people cope with their feelings and can achieve results.
- Spend time with your kids in nature. It will inspire them to protect it as they grow older. In addition, it benefits them emotionally and cognitively.

References: <https://davidsuzuki.org/living-green/how-to-talk-to-kids-about-climate-change/>

<https://ourkidsclimate.org/how-to-talk-to-children-about-the-climate-crisis/>

**For further information contact:**  
[nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com)