

Post Election Guide for Parents & Caregivers



**children's
defense fund
action**

Quick Sheet

After the Election

Whatever the results, your children are watching how you respond. Use these five conversation starters to help them feel safe, heard, and ready to keep caring about their community.



1



Share the wins and discuss the losses.

Name the progress worth celebrating and be honest about the setbacks. Both are part of moving forward together.

Ask: "What's one result that made you feel hopeful, and one that felt hard?"

2



Their feelings are valid, whatever they are.

Children process big news on their own timeline. Listen without rushing to fix it, and name your own feelings too.

Ask: "How are you feeling about everything going on right now?"

3



Reassure them that life goes on.

Breakfast, school, and bedtime stay the same tomorrow. The work continues too, and so does your family's safety and love.

Ask: "What's something you're looking forward to this week?"

4



Listening matters more than winning the argument.

Slow down, listen first, and try to understand rather than judge, even when you disagree.

Ask: "What do you think it looks like to really listen to someone?"

5



Their voice matters too. Let them use it.

Help your child(ren) find one small, concrete way to act, like a letter, a project, or a conversation, so caring turns into agency.

Ask: "What's one thing we could do together this week to help?"

*This resource was prepared by Children's Defense Fund for use by
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