**How might we provide our parents with reassurance amid current safety concern?**

1) 5 Why’s:

* 1. Why are our parents feeling unsafe?
  + **Answer:** They might be feeling unsafe due to the increasing number of crimes reported in the news.
  1. Why is the number of crimes reported in the news affecting their sense of safety?
  + **Answer:** The frequent exposure to negative news can create a perception that the rate of crime is higher than it actually is.
  1. Why does frequent exposure to negative news create a perception of higher crime rate?
  + **Answer:** This could be due to the availability heuristic, where people estimate the probability of an event based on how easily examples of it come to mind.
  1. Why do people rely on the availability heuristic to estimate the probability of events?
  + **Answer:** It’s a mental shortcut that people use when trying to make quick decisions or judgments.
  1. Why do people use mental shortcuts when making decisions or judgments?
  + **Answer:** Mental shortcuts help to simplify the decision-making process, especially when the information is complex or overwhelming.

1. When does the problem occur?
   * It arises when there’s a perceived threat or risk to safety. This could be due to various factors such as a pandemic, natural disasters, social unrest, or personal health issues. Parents may feel anxious or worried about their own safety or the safety of their children. To provide reassurance, one can follow the 3Rs: Reassurance, Routines, and Regulation. Communication and understanding are also key. It’s important to tailor the approach based on the specific circumstances and individuals involved. Professional advice may be sought if needed.
2. Who has the problem most often?
   * **Parents:**  who’s worried for their child’s safety.