

Helping Children Cope With Disaster

1. During a disaster children observe how adults react. How you react will clue children how to react.
2. Children depend on daily routines.
3. Take a child's fears seriously. If a child feels afraid then they are afraid.
4. Provide words and actions that are reassuring to a child.
5. When talking to a child, present a realistic and manageable picture of the event.
6. As an adult keep control of the situation.
7. When danger has passed, focus on the child's emotional needs.
8. Have your children participate in the family's recovery activities, this helps them feel that their life is returning to "normal".
9. After a disaster, children are most afraid that: the event will happen again, someone will be killed or injured, or they will be separated from their family and left alone.
10. Your response during this time will leave a lasting impression on your child!