

# TIPS FOR PARENTS ON HELPING YOUR YOUNG CHILD HEAL AFTER A HURRICANE (SAFETY)



## FOCUS ON SAFETY FIRST

S

- Hold them or let them stay close to you.
- Keep them away from frightening TV images and scary conversations.
- Let them know what will happen next (to the degree that you know).
- Have a predictable routine.



## ALLOW EXPRESSION OF FEELINGS

A

- Help your child name how they feel: "scared," "happy", "angry," "sad." Tell them it's OK to feel that way.
- Promote healthy ways like using words, playing or drawing, to express negative emotions (if needed).
- Talk about the things that are going well to help you and your child feel better.



F

## FOLLOW YOUR CHILD'S LEAD

- Listen to your children and watch their behavior to figure out what they need.
- Different children need different things. Be aware of that and ask them what they need.



## ENABLE YOUR CHILD TO TALK ABOUT WHAT HAPPENED

E

- Join your child in showing and telling not only what happened, step by step, but also how you both felt.
- Having a story helps your child make sense of what happened and cope with it better.



## TIES TO THE COMMUNITY

T

- Reconnect with supportive people, community, culture and rituals.
- If you belong to a group, like a church, try to find ways of connecting with them.
- Reassure your children that many people and organizations are working together to help the community.



## YOUR CHILD NEEDS YOU

Y

- Reassure your child that you will be together.
- If you need to leave your child, let them know for how long and when you are coming back.
- Just being with your child, even when you can't fix things, helps your child.

