

Helping Children Cope

Following a Disaster

Disasters can leave children and teens feeling frightened, confused and insecure. Their responses can be quite varied. It's important to not only recognize these reactions, but also help children cope with their emotions.



Talk about the storm with your child(ren). Start by asking about their understanding of what has occurred.

Listen for any misunderstandings that might be present along with underlying fears and/or concerns. Address misunderstandings first and then address any fears and/or concerns that might be present.



Encourage your children to ask questions and answer those questions directly. Like adults, children are better able to cope with a crisis if they feel they understand it.



Consider sharing your feelings about the crisis with your children. This is an opportunity for you to serve as a role model about how to cope and how to plan for the future. Be sure you can express a positive or hopeful plan.



Reassure children of the steps being taken to keep them safe. Disasters and other crises remind us we are never completely safe from harm. Reassure children they should feel safe in their schools, homes, and communities.

Tips on Helping Children Cope

Explain - as simply and directly as possible - what is happening or likely to happen. The amount of information that will be helpful to children depends on their age and developmental level, as well as their coping style. For example, older children generally want, and will benefit from, more detailed information than younger children. Because every child is different, take cues from your own children as to how much information to provide.

Limit media of disasters and other crisis events, especially for younger children. Consider coverage on all media, including television, the internet and social media. When older children watch television, try to watch with them and use the opportunity to discuss what is being seen and how it makes you and your children feel.

Help your children identify concrete actions they can take to help those affected by recent events. Rather than focus on what could have been done, concentrate on what can be done now to help those affected by the event.

If you need help, call or text the Disaster Distress Hotline: 1-800-985-5990, or call or text 988 to reach the Suicide & Crisis Lifeline.



FEMA

Right Helping Children Cope

Angelien Eijsink



Right Helping Children Cope:

The Right Book, the Right Time Martha C. Grindler, Beverly D. Stratton, Michael C. McKenna, 1997 Lists fictional books for children to read to help them through some of life's difficult situations and circumstances such as their parents divorce the death of a family member or problems at school

Helping Children Cope with Trauma Ruth Pat-Horenczyk, Danny Brom, Juliet M. Vogel, 2014-01-21 Helping Children Cope with Trauma bridges theory and practice in examining emerging approaches to enhancing resilience and treating traumatised children Adopting a child centred perspective it highlights the importance of the synergy between individual family community and social interventions for recovery from post traumatic stress Consisting of chapters by an international range of contributors the book is presented in three sections reflecting the ecological circles of support that facilitate healthy development in the face of traumatic circumstances Section 1 Individual addresses the impact of exposure to trauma and loss on post traumatic adaptation focusing on biological aspects attachment patterns emotion regulation and aggressive behaviour in children Section 2 Family looks at the concept of family resilience the impact of trauma on playfulness in toddlers and parents innovative models for working with children traumatised by war domestic violence and poverty and describes the challenges faced by refugee families in the light of intergenerational transmission of trauma Section 3 Community broadly explores the concept of community resilience and preparedness the centrality of the school in the community during times of war and conflict post traumatic distress and resilience in diverse cultural contexts and the impact of trauma work on mental health professionals who live and work in shared traumatic realities The book concludes with a theoretical discussion of the concept of Survival Mode as an organising principle for understanding post traumatic phenomena Helping Children Cope with Trauma will provide mental health professionals child welfare workers educators child development experts and researchers with a thorough understanding of the needs of children after trauma and how those needs may best be met

Emotional First Aid Kit: Helping Children Cope with Anxiety, Fear, and Stress in Turbulent Times Silas Mary, 2025-01-30 Children today face a host of challenges that can lead to anxiety stress and emotional upheaval Emotional First Aid Kit provides parents with the tools to help their children cope with difficult emotions like fear anxiety and stress This book teaches you how to recognize the signs of emotional distress offer support and provide strategies for emotional regulation and resilience With techniques like deep breathing mindfulness and positive self talk you'll learn how to help your child navigate their feelings in a healthy constructive way Beyond just addressing immediate stress Emotional First Aid Kit also focuses on building emotional resilience in children This book equips parents with the knowledge to create an emotionally supportive environment where children feel safe to express their feelings and learn how to handle adversity With real life examples and expert advice Emotional First Aid Kit offers practical strategies to help children thrive even in turbulent times

Helping Children Deal with Difficult Issues, 2007

Helping Children Cope with Separation and Loss - Revised Edition Claudia Jarrett, 1994-04 Advice for parents and

professionals Covers death divorce illness and other challenges *Helping Children Cope with the Death of a Parent* Paddy Greenwall Lewis, Jessica G. Lippman, 2004-02-28 The mourning of a parent's death can take many years for some it may take a lifetime The first year of separation however is often the most difficult and heart wrenching The first birthday holiday spring summer autumn and winter spent without the loved one often revives or increases the pain This unique guide is organized according to a timeline of a child's first year of mourning the loss of a parent It is a warm insightful yet practical guide to help the families and community members surrounding a child who has suffered such a loss to anticipate and cope with the many difficulties that arise Practical suggestions for providing comfort information and advice are provided for adults struggling to help children endure the trauma A range of difficult situations that bereaved children encounter are identified helping to prepare adults for a child's potential reactions and providing them with realistic coping strategies Lewis and Lippman child psychologists who have provided therapy to children who have lost a parent suggest answers to questions that these children frequently ask They offer methods for dealing with particularly difficult times such as birthdays and share practical advice for everyday situations and events They begin with helping the child through anticipation of death if it is expected or through the initial shock of unexpected death Poignant vignettes from the therapists experience dealing with young and older children are included *Parenting Gifted Children* Jennifer L. Jolly, Donald J. Treffinger, Tracy Ford Inman, 2021-09-03 When parents need the most authoritative information on raising gifted kids they can turn to *Parenting Gifted Children The Authoritative Guide* From the National Association for Gifted Children a gifted education Legacy Award winner This comprehensive guide covers topics such as working with high achievers and young gifted children acceleration advocating for talented students serving as role models and mentors for gifted kids homeschooling underachievement twice exceptional students and postsecondary opportunities The only book of its kind this guidebook will allow parents to find the support and resources they need to help their children find success in school and beyond Written by experts in the field of gifted education and sponsored by the leading organization supporting the education of gifted and advanced learners this book is sure to provide guidance advice and support for any parent of gifted children Texas Association for the Gifted and Talented 2011 Legacy Book Award Winner *Parenting Making Meaning* Richard L. Hayes, 2020-06-15 This integrative book brings forty years of research and scholarship in counseling psychology and education together in a singular analysis In *Making Meaning* Hayes illustrates how the construction of meaning can have a profound effect on how we come to know ourselves and others Hayes depicts meaning making as an ongoing dialectical and recursive process of change and reinvention This process plays a central role in individual development and loss and helps promote multiculturalism collaboration and group and team development This book is recommended for mental health professionals and educators looking to promote democratic learning communities *Sprague's Illustrative Cases on the Law of Domestic Relations*, 1897 **Books to Help a Child Cope with Separation and Loss** Masha K. Rudman, Kathleen Dunne Gagne, Joanne E.

Bernstein,1993 Presented here are some 750 fiction and nonfiction books from folklore to poetry focusing on separation and loss themes for young people Highly selective the guide profiles only classic and recommended titles from School Library Journal Bulletin of the Center for Children s Books Publishers Weekly Kirkus The Horn Book The Bookfinder and other publications Arranged by topic each annotated entry provides a review of plot and theme interest reading level suggestions for use and full bibliographic information Issues include Homelessness Economic Loss Parents Out of Work and Race Relations This is the ideal reference guide for those who have the opportunity to help children facing tough personal roadblocks ranging from going away to camp to the death of a sibling **Convention on the Rights of the Child** Canada. Aboriginal Peoples' and Human Rights Programs Directorate. Human Rights Program,Canada. Canadian Heritage,2001 Measures adopted by the governments of the provinces British Columbia Alberta Saskatchewan Manitoba Ontario Quebec New Brunswick Nova Scotia Prince Edward Island Newfoundland **Divorce and New Beginnings** Genevieve Clapp,1992-04-03 Explains how to rebuild your life after divorce and become a single parent or part of a stepfamily

Children and Development Angelien Eijsink,1996 Expands proposals originating in First Steps a policy memorandum on children in developing countries formulated in 1994 by the Government of the Netherlands *Annual Editions* Karen Menke Paciorek,Joyce Huth Munro,2003-03 This reader of public press articles considers the national and international development of early childhood education child development and families educational practices guiding and supporting young children curricular issues and reflections on the present and future of early childhood education This title is supported by our student website Dushkin Online www.dushkin.com online *Century Early Childhood* Glenda F. Roberson,Mary A. Johnson,1995

The Broken Looking-glass, Or, Mrs. Dorothy Cope's Recollections of Service Maria Louisa Charlesworth,1880

Focus on Reading: Parents can help their children become better learners ,1976 *Critical Care Nursing of Children and Adolescents* American Association of Critical-Care Nurses,1981 **Child Welfare** ,1928 The Deseret Weekly ,1890

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