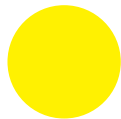




How parents can support children to cope with a crisis



During times of difficulty or during an emergency, parents can support the psychosocial wellbeing of children through a number of ways.



Remember it is normal for children and other family members to have strong reactions such as loss of interest in daily life, feeling sad, irritable or confused, having difficulty in concentrating and sleeping, physical reactions or being fearful about what is happening.

You can help children to overcome these problems by

- listening to them,
- speaking kindly,
- reassuring them,
- playing with them,
- giving them extra love and attention and helping to make them feel safe.

Try to re-establish your children's routines (sleeping, playing, etc)

Ask them to help with family tasks, as this will give the child a feeling of security, predictability, and control.

Try to find opportunities for your child to play or socialize with other children and with you.

Give more affection and care

Share their concerns and listen to them.



Listen to
your
children

Speak
kindly to
them

Reassure
and play
with
them

Help them
feel safe



Some children may be withdrawn; others will experience intense sadness or anger, or act as if nothing has occurred. Children are often confused about the facts and will need your help to make sense of what has happened and what may happen in the future.

Give children appropriate information about their situation according to their age and stage of development. Try to be as honest as possible about what has happened and the current situation.

- Encourage adolescents to volunteer and provide assistance:
- disseminate key information,
- reaching out to their peers,
- and support efforts to initiate and maintain support facilities and safe spaces.

Support children and adolescents (boys and girls) to attend schools or remedial education / vocational training and other activities.

Do not criticize / blame your children for changes in their behavior, such as clinging to caregivers/ parents, or seeking reassurance frequently. These are normal reactions to exceptional events.

When your or your children's reactions are severe and last for a long time or if you feel they can't cope, they may need specialized (including psychological) support.

Please keep in mind that registration would definitely facilitate your children's access to such services as health, education and care.