

01

EXPLAIN WHAT HAPPENED

Tell your child what happened and learn about what they already know. For instance, if there was an earthquake, you can say the rocks deep in the ground moved and caused the ground to shake. You can give them details based on their age to help them comprehend what they are seeing in their neighborhoods.



02

ANSWER QUESTIONS

Learn about what your child already knows and clarify! If they have a question that you don't know the answer to, be honest and admit to not knowing the answer. You can work together to find the answers.



06

LOOK FOR SIGNS OF STRESS

It is common for children to show signs of anxiety by way of acting out, having melt downs or changed moods, sleeping patterns and appetites. If you see your child experiencing these stress signs on a regular basis, seek additional support.



TALKING TO CHILDREN ABOUT DISASTERS

in developmentally appropriate ways

03

OFFER COMFORT

With the stress of a natural disaster, children will begin to worry about their safety and the safety of their family and friends. Restore their sense of security by sharing ways you can be prepared and/or share your plan if the disaster does impact you directly.



05 MONITOR MEDIA USE

Make sure to be informed yourself, but also limit the amount of information your child is consuming on media coverage both through visual and auditorial intake. Real images of injured people and footage of the disaster can be terrifying. Seeing this repeated can also be scary.



04

LOOK FOR SILVER LININGS

Of course it is difficult in the heart of disaster to be hopeful. However, even in tragic circumstances, it is empowering to show signs of optimism rather than despair. Your child will look to you for questions on how to think about what is happening. You can say, even though we lost our home, we are so lucky to be safe and have each other.

