



Eleven Tips for Talking to your Kids about a Disaster

Parents and important adults in children's lives can help them cope with the distress they maybe experiencing during a disaster situation. Many children are unable to fully grasp the situation and often struggle to verbalize how they are feeling. Many times, children hear the media or their parents talking about uncertain times, they may create stress for themselves worrying about what will happen. The following eleven tips provide practical suggestions you can use to support your child during this time.

1. Reassure your children that your family and the community are prepared.
2. Listen to and honor children's feelings.
3. Keep your life and children's routines as normal as possible.
4. Take care of yourself - spiritually, physically, emotionally, and mentally.
5. Provide honest and factual information that is age appropriate.
6. Reduce your child's sense of helplessness by involving them in appropriate tasks
7. Keep a calm demeanor.
8. Provide soothing objects for your children such as small stuffed animals, blankets, or other favorite items.
9. Provide frequent hugs, touch and reassurance that you will take care of them.
10. Spend extra time with bedtime routines.
11. Talk with Children about a plan for safety at home or when the family is not all together.

Using these Eleven Tips to Talk to your Child can help to ease some of the fears that they are feeling about these scary times. To learn more about talking to your child or our Counseling Services, please call 701-235-4457 or visit our website at www.catholiccharitesnd.org.

