Stress Management for Parents

It is difficult to predict the kinds of psychological problems that children and adolescents will have…

- Increase your child’s sense of control and mastery within the household — let them plan dinner or the evening’s activities.
- Every child has a different way of responding to trauma. It is not advisable to require the same response of everyone. Listen to your child’s stories.
- Your response to the disaster will affect your child’s response, therefore, it is helpful to discuss your own reactions with another adult before talking with your children.
- Discuss the event in an open, honest manner with your children. Children might want to talk intermittently, and younger children might need concrete information repeated.
- Be available for your child.
- Limit the amount of exposure to television or other sources of information about the disaster and its victims.
- Engage your child in conversation of their choosing — not necessarily about their feelings or the scene. Talking about the normal events of life is central to health.
- Maintain daily routines to the extent possible. For children school is an important part of feeling safe and normal.

The magnitude of death and destruction in this event require special attention to communicating with children and adolescents. Physical safety and security takes priority.

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