



What Parents Can Do To Help Children Cope With Feelings

- Talk with your child, provide simple accurate information to questions.
- Talk with your child about your own feelings.
- Listen to what your child says and how your child says it. Is there fear, anxiety, or insecurity? Repeating the child's words may be very helpful such as, "You are afraid that..." or "You wonder if the fire will come near our home." This helps both you and the child clarify feelings.
- Reassure your child, "We are together. We care about you. We will take care of you."
- You may need to repeat information and reassurances many times. Do not stop responding just because you told the child once.
- Hold and provide comfort to the child.
- Spend extra time putting your child to bed. Talk and offer reassurance. Leave a night light on, if necessary.
- Observe your child at play. Listen to what is said and how the child plays. Frequently children express feelings of fear or anger while playing with dolls, trucks, or friends. • Provide play experience to relieve tension. Work with play dough, paint, play in water etc. If children show a need to hit or kick, give them something safe, like a pillow, ball or balloon.
- If your child lost a meaningful object, allow the child to mourn and grieve (by crying perhaps). It is a part of helping the young child to cope with feelings about the disaster. In time, it may be helpful to replace the lost object.
- If you feel your child needs additional mental health, wellness, or other support please contact your school site for assistance.