



**THERE ARE WAYS THAT YOU CAN
HELP YOUR CHILD AFTER EMERGENCY**

Children may be especially upset and need to express their feelings after an emergency. These reactions are **normal** and usually **will not last long**. Here are some reactions your child may experience.

- Excessive fear of darkness, separation or being alone
- Clinging to parents, fear of strangers
- Worry or anxiety
- Regression to immature behaviors (bedwetting or thumb-sucking for younger children)
- Reluctance to go to school
- Changes in eating and/or sleeping behaviors
- Increase in aggressive behavior or an increase in shyness
- Nightmares
- Headaches or other physical complaints

Here are some suggestions to help your child after an emergency:

- Talk with your child about his or her feelings about the emergency. Share **your** feelings, too.
- Talk about what happened. Give your child information in a way that he or she can understand.
- Reassure your child that you are safe and that the two of you have each other. You may need to repeat this reassurance often.
- Hold and touch your child often.
- Spend extra time with your child at bedtime.
- Allow your child to mourn or grieve over a lost toy, a lost blanket or a lost home.
- If you feel your child is having problems at school, talk to his or her teacher so you can all work together to address the problem.

PLEASE POST THIS FLYER AND CONTINUE TO READ IT IN THE COMING MONTHS.

Some children may not experience a response or express their feelings for many weeks, or even months after an emergency. Usually a child's initial response will not last long. However, some children may also continue to have problems long after the actual event. Community mental health centers have counselors on hand who are skilled at helping children and adults after an emergency. **FOR COUNSELING REFERRALS, PLEASE CONTACT** (add your clinic number here)