

Tips to Help Children Cope

http://www.savethechildren.org/site/c.8rKLIXMGIpI4E/b.8479773/k.2264/How_to_Help_Children_Cope_with_a_Crisis.htm

The information below is from **Save the Children** and includes recommendations for parents, teachers, grandparents and caregivers:

- 1. Limit television time.** Watching too many television reports can overwhelm children and even adults. Limit the number of television reports about the situation you and your children watch.
- 2. Listen to your children carefully.** Children can experience stress when they do not understand dangerous experiences. Talk to your child to help him/her understand the situation and ease their concerns.
- 3. Give children reassurance.** Tell children that the adults in their lives will continue to do all they can to keep them safe.
- 4. Be alert for significant changes in behavior.** Your child may experience significant changes in: sleeping patterns, eating habits, ability to concentration, wide emotional swings or frequent physical complaints. If any of these changes occur, they will likely lessen within a short time.
- 5. Understand children's unique needs.** Younger children will depend largely on their parents to interpret events; older children and adolescents will get information from various sources, such as friends and the media. Provide them all with love, understanding and support.
- 6. Give your children extra time and attention.** Children need close, personal attention to know they are safe. Talk, play and, most importantly, listen to them.
- 7. Be a model for your children.** Your children will learn how to deal with these events by seeing how you respond. The amount you tell children about how you're feeling should depend on the age and maturity level of the child.
- 9. Help your children return to a normal routine.** Children usually benefit from routine activities such as set eating times, bed times, and play time with others. The school routine should also return to normal as quickly as possible and avoid spending a lot of time discussing the event.