

# Helping Children Cope

## Following a Disaster

Disasters can leave children and teens feeling frightened, confused and insecure. Their responses can be quite varied. It's important to not only recognize these reactions, but also help children cope with their emotions.



Talk about the storm with your child(ren). Start by asking about their understanding of what has occurred.

Listen for any misunderstandings that might be present along with underlying fears and/or concerns. Address misunderstandings first and then address any fears and/or concerns that might be present.



Encourage your children to ask questions and answer those questions directly. Like adults, children are better able to cope with a crisis if they feel they understand it.



Consider sharing your feelings about the crisis with your children. This is an opportunity for you to serve as a role model about how to cope and how to plan for the future. Be sure you can express a positive or hopeful plan.



Reassure children of the steps being taken to keep them safe. Disasters and other crises remind us we are never completely safe from harm. Reassure children they should feel safe in their schools, homes, and communities.

## Tips on Helping Children Cope

Explain - as simply and directly as possible - what is happening or likely to happen. The amount of information that will be helpful to children depends on their age and developmental level, as well as their coping style. For example, older children generally want, and will benefit from, more detailed information than younger children. Because every child is different, take cues from your own children as to how much information to provide.

Limit media of disasters and other crisis events, especially for younger children. Consider coverage on all media, including television, the internet and social media. When older children watch television, try to watch with them and use the opportunity to discuss what is being seen and how it makes you and your children feel.

Help your children identify concrete actions they can take to help those affected by recent events. Rather than focus on what could have been done, concentrate on what can be done now to help those affected by the event.

If you need help, call or text the Disaster Distress Hotline: 1-800-985-5990, or call or text 988 to reach the Suicide & Crisis Lifeline.



**FEMA**

# Pagbulig sa mga kabataan nga mahipos

*Adre kamawas ne Tinekkun*

Disasters kanai manghatag ki pampang-an bata' asin mga umiyad na nagsasaputan, nagnuguluwak, asin mga nagkakaduda. Saronggad nagkakarayom an responso ninda. Kaipuhan an dai sanaong pag-areklamo kan satong mga reaksyon, kundi pighatugutan man an mga bata' na mahararum sa satong mga emosyon.



Agparayagap tanganow dakayaw mga kapatot mo kalabaw ninya pagbaalayog na kidi. Iskedi yan prigitu ha' kuentusi i manmapinaetgaya ni ma hapiti.

Dugang niyaengget da-dokow sa ngay na asisip-siparang gi-giyaibong mo' ngasin da-dokow a enkow no doypad sa niyadang obayi, kaso da-enkow no sobogobunay na asisip-siparang gi-giyaibong mo' ngasin. Ilala' rengged mo' na sa niyadang obayi ya, sasampelan no doypad na asisip-siparang gi-giyaibong mo' ngasin.



inwatan-gugmu sa tau-salug sa pambebena-gugmu nin hangyo sanawagen na maengel yo' mga timtiman na inwatan gi-dimdom' so sida. Sanawagen na mga alibu-awtan, inwatan-gugmu gi-agongot sanawagen nga kapanget yo' sa onduman kung haluon' so sida sa inga ta.



Mungkoy a ngarot nak kimalamten nokong ako pigpayag iran anak-im iran onгка konato-in. Teya pa niwara ken diket mebaleg so oro motantopay. Magkew so ngalap ika aro porsiyob ti serbisen mo romolangon aso mangangarot tan motantopay para onгка monangon-im sarong positibo tan maplotok a kimalamten.



Kii gōpōtengen ni apallan matawangan tō poikanin sīngan sapatawen ammas no. tohso iteng kae nau sioipweina miatsi pwur kiet iteng taingolap sohmeni. diuhnting mejjekki ierong innenge ieu rongrong mwon, mesingen, sawor ni pwur neie wene tawed.

## Pang-adtuan pagbulig sa mga kabataan nga mahipos

Awoyayoy - olawawp sa as palawsey ni nena-ya nokotasa ni kiwawi as mēngen o mēnmēnen-ya. O biwataw o penalēm na pēmatas o kawōta ni penpēnemtēm, sa yaol o binōwa ni penalēm-ya. Ni tilaw niyalēm sa mēniyaña, inisēm yaol o binōwa, sa yaolo o wonawan na mēniya o binōwa. Tunggay o biwataw na sēyēm niyalēm, piyana kasēm o niwanamwi na o binōwa.

Dawasem o medya na nangēsenas ni tumpēwtēm ya diwa, sa na nenasian-ya. Inayana o kabwawēn ni palawsey ya medya, ni kasēm sa yaol o miyanayaw na telesiēs, o internet sa social media. Ni biwataw na sēyēm na tontowasas o telesiēs, sikēm nipapa ni telesiēsēw yan ni alawawpa nena-ya yan niyalēm yaol o niwanamwi.

Tulammin em sian kadmangan nu ang mga manamko sebga' simgagalan ngepangan nu sebga' sila no makabegeh. Tigid nu songolon nu yasap nu pagsat' nu no madno nu yasap nu nuwala'gey nu sebga' sila no makabegeh.

Pekngan mo tei pwaey tano, telepono o gusorono ra Disaster Distress Hotline: 1-800-985-5990, iku telepono o gusorono ra 988 mangan hafa nu tano ra Mefuus-ah-uong nuh si siidis ænn kraysis laip-lain.

Carolinian



**FEMA**