How to help children...

Save the Children

...cope in emergencies

1 Explain the situation

Use everyday language and avoid using scary, negative words like terrible, panic or horrible.

Remember that children are taking their cues from you, and will mirror your reactions.

2 Listen to children

Encourage your child to express feelings of excitement, concern, fear, anxiety or anger.

Listen carefully, show understanding and reassure them this situation is not permanent.

3 Reward any positive behaviour

Reward positive behaviour to help children feel valued and boost their mood.

4 Reassure them

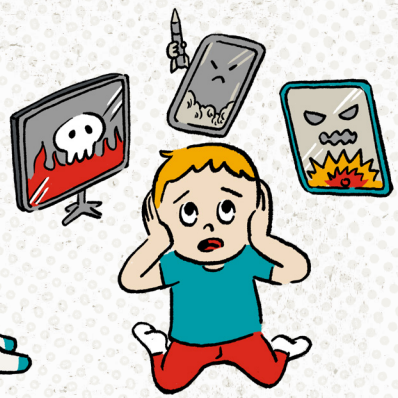
Remember them that things will get better, and that there are people who care.

5 Find time for special activities

Give your children extra attention, love, physical closeness, and hugs. Enjoy quiet play time together.

6 Avoid overexposure to news

Avoid children using social media. Remind them that this is not a reliable source of information.

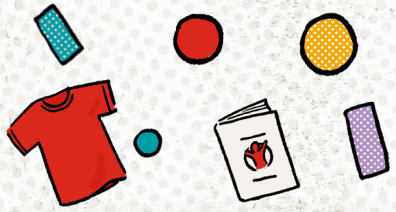


7 Help your child to participate

Help your child to participate safely in preparedness and response efforts, so they feel capable. Find ways for you and your child to help others, even if only verbally comforting them. This will help your child to feel empowered and confident.

8 Keep a daily routine

Keep daily routines such as bedtime, getting dressed, meals, and homework time.



Do you know an adult or child that this could help?

Save and share