

## Parent Guidelines for Helping Children after an Earthquake

Being in an earthquake is very frightening, and the days, weeks, and months following are very stressful. Your children and family will recover over time, especially with the support of your relatives and friends. But different families may have different experiences during and after the earthquake, including the experience of aftershocks which may continue for several months. How long it takes to recover will depend on what happened to you and your family during and after the earthquake and the extent of damage and loss. Children may react differently to the earthquake and its aftermath depending on their age and prior experiences. Expect that children may respond in different ways and be supportive and understanding of different reactions, even when you are having your own reactions and difficulties.

Children's reactions to the earthquake and its aftermath are strongly influenced by how their parents cope. There are many reactions that are common among children. These generally diminish with time, but knowing about them can help you be prepared.

### Common Reactions

- Feelings of anxiety, fear and worry about the safety of self and others
- Fears that another earthquake or aftershock will occur
- Anxiety about the safety of their home, school, religious and other buildings
- Changes in behaviour:
  - increased activity level
  - decreased concentration and attention
  - increased irritability
  - withdrawal
  - emotional outbursts
- Physical complaints (headaches, stomach aches, aches and pains)
- Changes in school-related work habits, social behaviour, and behaviour in the family
- Staying focused on the earthquake (talking repeatedly about it – young children may “play” the event)
- Strong reactions to reminders of the earthquake (destroyed buildings, cracks in walls, news reports)
- Increased sensitivity to sounds (sirens, loud noises, things falling or crashing)
- Changes in sleep and appetite
- Lack of interest in usual activities
- Regressive behaviour in young children (returning to baby talk, bedwetting, tantrums)

## Things I Can Do for Myself

- **Take care of yourself.** Do your best to drink plenty of water, eat regularly and get enough sleep.
- **Help each other.** Take time with other adults - relatives or friends to talk or help each other.
- **Put off major decisions.** Avoid making any unnecessary life-altering decisions during this time.
- **Give yourself a break.** Take time to rest and do things that you like to do.
- **Manage your own anxiety.** Children learn through what they see, so if you are showing them that you can manage your stress, they learn that their stress is manageable too.

## Things I Can Do for My Child

- **Focus on information and reassurance.** Giving age-appropriate information about how earthquakes happen can help them to understand. Talk about what has happened – know your child and what works best for them. For some children, conversation may be easier sitting side by side while drawing a picture. For others, face to face conversation may work best. Keep your tone reassuring, repeating messages such as “That was scary, but we’re safe now.”
- **Talk about preparation.** Show them where you store your emergency equipment, draw up lists of who they should contact in an emergency, and practice your drills. For children who are worried about the likelihood of there being more earthquakes, knowing that their parents are prepared will give them a sense of security.
- **Spend time talking with your children.** Let children know that it is OK to ask questions and express their concerns. Their fears and concerns may need to be discussed more than one time and you should remain open to answering new questions and providing helpful information.
- **Find time to have these conversations.** Find time to talk about what is happening in the family as well as in the community. Answer questions briefly and honestly, but also ask your children for their opinions and ideas. For younger children, follow conversations about the earthquake with a favourite story or an activity to help them feel more safe and calm.
- **Be a role model.** Changes in living conditions can be extremely stressful for children. They will take cues on how to handle situations from their parents. Remaining calm will be important during chaotic times.

- **Encourage your children.** Help children take care of themselves by encouraging them to drink enough water, eat regularly and get enough rest.
- **Help children feel safe.** This includes telling children what to do during an aftershock and explaining how you are keeping the family safe. This may need to be repeated many times.
- **Maintain routines.** Children feel more safe and secure with structure and routine. As much as possible, stick to everyday routines (including mealtimes and bedtime).
- **Maintain expectations or “rules”.** Stick with family rules, such as rules about good behaviour and respect for others.
- **Limit news exposure.** Protect your child from too much news coverage about the earthquake recovery, including those in newspapers, on the Internet, or on the radio or television.
- **Calm worries about friends’ safety.** As communication or the ability to see friends may be difficult, reassure your children that their friends’ parents are taking care of them just as they are being cared for by you.
- **Communicate about community recovery.** Reassure children that things are being done in their community to remove debris, to restore supplies, and to help families find permanent housing.
- **Encourage children to help.** Children recover and cope better when they feel they are helping. Find ways your children can help (chores, tidy up their rooms).
- **Be patient.** Children may be more distracted and need added reminders or extra help with chores or homework.
- **Give support at bedtime.** Children may become anxious when they separate from their parents, especially at bedtime. Try to spend more time with your children at bedtime with such activities as telling a story.
- **Monitor adult conversations.** Be aware of what is being said during adult conversations about the earthquake and its aftermath. Children may misinterpret what they hear and can be frightened unnecessarily about something they do not understand.
- **Seek professional help.** If children have continued difficulties for a couple of months after the earthquake, parents should consult a counsellor or a doctor.
- **Keep things hopeful.** Even in the most difficult situations, identify some positive aspect and try to stay hopeful for the future. A positive and optimistic outlook helps children see the good things in the world around them.

Reference: The National Child Traumatic Stress Network. 25<sup>th</sup> March 2020.

<<https://www.nctsn.org/resources/parent-guidelines-helping-children-after-earthquake>>