WHAT PARENTS CAN DO WHEN TRAGEDY STRIKES

• Focus on your children. Watch for any unusual behavior or physical symptoms.
• Reassure them of your love and their safety.
• Make time to talk to monitor what they are thinking & feeling.
• Be a good listener.
• Stay physically close to your children. This will reassure them and allow you time to observe their behavior. Extra hugs and cuddling are in order.
• Limit the amount of television exposure re: the event. Instead, keep television viewing to family oriented or educational programming.
• Maintain daily routines but be flexible.
• Spend extra time with your children – reading, playing games – before bed.
• Protect their health - Make sure children are getting appropriate sleep, exercise, & nutrition.
• Provide a positive outlet of expression:
  o Examples:
    ▪ prayer/place of worship
    ▪ writing
    ▪ drawing
• Find out what resources your school has available and what activities may be planned:
  o Example: collecting money or writing letters to the families/rescuers.