



Helping your family bounce back after a natural disaster

After an emergency or extreme weather event, children or teenagers may show signs of emotional upheaval or distress. Parents may be unsure how to help. The following information and tips are from Disaster Recovery Triple P (part of the Triple P - Positive Parenting Program).

Around the world, children and teenagers have similar reactions to this type of event. Problems include trouble getting to sleep, having nightmares, and acting younger than their age. Some parents report their children become hyper-alert for signs of danger and are more anxious, irritable or sad.

Key things to remember:

- Try to limit exposure to media coverage.
- Re-establish as many of your family's routines as possible.
- Children look to their parents for clues about how to react.
- If you feel anxious or upset, it's important not to burden your child with this. Get some help and support for yourself.
- Remind yourself and your child that you are all safe now, the crisis has passed, and people are resilient.
- Listen to your child and accept their feelings. Allowing them to express themselves. But set some limits if the disaster is becoming an almost-constant topic of conversation.
- Make sure your children know the family has a plan for future emergency events.
- While some children may need specific post-trauma therapy, most children – and adults – will recover naturally, given time.

EXTRA HELP:

These Tips are from Triple P and the Government of Prince Edward Island

To find out more about Triple P in Prince Edward Island, please visit:

<https://www.princeedwardisland.ca/en/information/social-development-and-housing/triple-p-parenting-program>