

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.



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Ayuda i kokot yan u na'ma'yut i kareta i familiã-ta.

Maolek na patgon para i na'tes despues di un desastre

Desastre mahasangan i famagu'on yan i manã'ãsi yan i disiplina ni manmatai, piliti yan mafutang. Mãnotgaiya i respuestan-ñiha na taotao. Manhasso gi manmanu i respetan-ñiha yan manã'ãsi gi i emosion-ñiha i famagu'on, lao finatung na mahãnao.



Sumangan gi i panikka gi i famagu'on-mu. Anlasa i tiningo'-ñiha gi i sinangan ni finayi.

Pulo' gi i na'lã'la' na ilek-ilek na manfãti ni malingu' yan/guãhan na taotao, yan/guãhan na malahãya yan/guãhan na alãgu'. ATãya i malingu'-ña ma'ase, yan piniti i manmalãgu yan/guãhan na alãgu' na taotao ma'ase ma/ha'.



Manengnga' gi i famagu'on-mu para sumangan i manmasanganã-ta yan munga' guaha ãã gi i manmasanganã-ta diretu. Manmanu na ti hu gaige na famagu'on malibre, manmanu na ti hu maimaisa' na maimamaila' para manhasso gi i sinangan, ma acho'cho' put i famagu'on ta hãgai i malibre.



Poskumpleta gi i pachot mo'na gi i na'lã'la' na taotao gi i minagahet, sumangan i ha'ãniyo na emosion gi i famagu'on-mu. Gi este oportunidad, un lalã'la' gi iyo para un modelo na magof yan magplanu gi ha'ãniyo na tiempo. I puru gi iyo na maseha i un plan positibu yan umaasiga'.



Tãya i famagu'on gi i tiningo'-ña gi i maimaisa' na hãgu yan magof para mabula hãyi seguro. Dukure i famagu'on gi i tinaitai-niha, matai na desastre, yan otro na hãgun. Famagof yu' i famagu'on gi i maimaisa' na hãgu yan i manman'dalai-ña, sangan i kottura yan i komunidad.

Si ha yu' ni'chengge' na ayuda, pot gi i linia ni' palanggasat gi i Desastre Distress Hotline: 1-800-985-5990, o tãya pot gi i linia ni' palanggasat gi i Suicide & Crisis Lifeline. Pot gi i linia ni' palanggasat gi i Suicide & Crisis Lifeline, pot i tineni o text i numeru 988.

Saina ma'ãse para ni' estagüe gi tutuhon i kottura yan ma'aguet i kareta para i famagu'on

Esplica - ilek-ilek yan diretu, so'na gaige yan liklihu - lokkue gaige na gaige na gaige. Lokkue na kantidad na impormasion yanggen i pumuno i tano' i famagu'on depende gi i tinãttun yan nivel ni mungga'lo, patiña yan i estiluña na gaige. Na ejemplon, i famagu'on ma'ãse guiya bai hu i ti ya munga'lo, yan bai mabula hao nu i impormasion na tumonkadetayu lokkue ni mungga'lo. Pasumaolek yan umalikamenta gi i tano' ni chalan-ñiha gi manmanu i impormasion na patgon.

Un finatung na media gi desastre yan otro na hãgun famagu'on gaige, espesiat i mungga'lo. Poskumpleta gi i kumento gi ma tutuhon na media, sumaga television, i internet, yan i sinangan media sosial. Sa' achokka i famagu'on ma'ãse yanggen mague television, sina manapopotte gi iyan yan i usa i oportunidad para manhasso gi i sinangan yan ha'ãnom yan ha'ãniyo i famagu'on.

Ayuda i famagu'on para kangge i chamorro ni sangan concrete i manã'ãsi na manhãnao na ma'ase manglo' yan maimaisa' na manganlibre gi aquellos na mabiye ya gi minagahet na baga' yu'us. Mãnu na sumaga i atungu gi i as Edi ni finayi, konsentra gi i as Edi na maimaisa' ni fatta ya para ai na manã'ãsi na mabiye yan minagahet yan yu'us na baga'.



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