

## Guidelines & Resources for Caring for Children During a Crisis

### General guidelines

- Avoid news & social media as much as possible to reduce stress/fear
- Encourage reading & creativity
- Maintain 'skeleton' routine by keeping meals & lights-out times (TV & computers off) consistent
- Take your (emotional) temperature & practice self-care
- Be aware of children's emotions & express empathy
- Assert authority calmly
- Answer questions honestly & briefly
- Enjoy the extra time!

### Babies & Toddlers

- Maintain routine
- Be patient if they cry or cling more than usual
- They can feel your stress but don't have words to understand, express or cope with it

### Elementary School

- Provide comfort with routine, maybe even routines from a younger age like reading to them.
- Avoid giving too much information which can easily overwhelm their understanding/coping skills
- Find concrete ways for them to help (organize in the home, deliver food to elderly, pray for sick)
- Creative pursuits provide an emotional outlet & calming effect (drawing, writing)

### Teens

- Keep them home & out of trouble
- Empathize with their frustration & other emotions
- Feed them well
- Limit phone/social media use to decrease Fear Of Missing Out (FOMO)
- Plan quality family time (movies, board games, favorite meals & snacks)
- Share facts & admit what you do not know

### College Students

- Empathize
- Trust them to solve their own problems
- Set boundaries on household chores & rules

### Resources

<https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>

<https://www.cdc.gov/childrenindisasters/helping-children-cope.htm>

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Talking-To-Children-about-Disasters.aspx>

Local Mental Health Providers: Julianne Jackson, LPC

CC Cox, LMFTA

Bridget Hannahan, PhD

[Jjackson@arisecounselingservices.org](mailto:Jjackson@arisecounselingservices.org)

[cc.cox@restorationmft.com](mailto:cc.cox@restorationmft.com)

<https://www.Galatians69.com>