

What should you do in these situations?

With a calm and warm attitude, you can reduce their tension and help them feel relieved and regain their energy.

No appetite

Don't push them, just let them eat and drink what they can. Even if they don't have an appetite make sure they at least drink plenty of water.

Blaming themselves

There are times when children think that they experienced the disaster because they did something wrong. Try to convey the fact that the disaster is a natural phenomenon. Let them know they are doing a good job and have done the best they could.

Being clingy

It's okay to treat them as you normally do, but please take time to interact with them. Indulging your child can help them to gradually recover their energy and heal their heart.

Talking repeatedly about the disaster

When the same story is told repeatedly, adults tend to get annoyed and say, "Hurry up and forget about it." But children's mental pain is healed when adults calmly listen to them talk. Acknowledge the child's feelings and discuss what happened openly and honestly. Keep explanations simple; avoid adding too many graphic details.

Worrying that one's stress reactions are different from others

Some children think they are strange when their stress reactions are different from others'. Tell them, "It's natural that stress reactions are different for each person. I'm here for you if you need me to help you work through it." Consult with a healthcare professional if the symptoms continue for more than a month.

Trouble sleeping or waking up in the middle of the night

In the case of children, try to sleep beside them and help them sleep without scolding them. It's also a good idea to brighten the room with something such as a nightlight. If insomnia persists for more than a week, consult a healthcare professional.

Complaining about health problems

Taking some time to take care of your children's pain or medical needs, even just for a short period of time, and listening to them talk can give children comfort and help them feel protected. It is also important to seek medical attention if necessary.

Excessive hyperactivity and behaving as if nothing happened

Both express children's efforts to cope with the disaster, although they have difficulty accepting it in their minds. Say something to validate their feelings such as, "What you've been through is a very tough situation." Ask questions to show them you are listening and watch them closely.

Playing disaster

It may seem inappropriate, but children often organize their feelings through play. Don't discourage them, instead encourage them to share their feelings and answer any questions they have. You can also say something that validates the child's feelings. However, if you can tell your child is having a hard time while playing, but isn't stopping, it's a good idea to encourage them to play something else.



One point

When children see a lot of images of the disaster on TV and other media, they become more anxious. It is a good idea to consider making the news time into a play time for children.

