

## Brief tips for parenting after a disaster

Be a caring parent—children are strongly affected by the way their parents react

Keep your children safe—know where they are and who they are with

Establish routines—make new routines if the normal ones are disrupted

Take time out—when you feel overwhelmed take a deep breath, count to 10 or take a walk alone

Ask others for help. Remember it is all right to reach out for extra support. You are not alone

*He moana pukepuke  
e ekengia te waka*

A choppy sea can be navigated – hang in there

## Helping Children

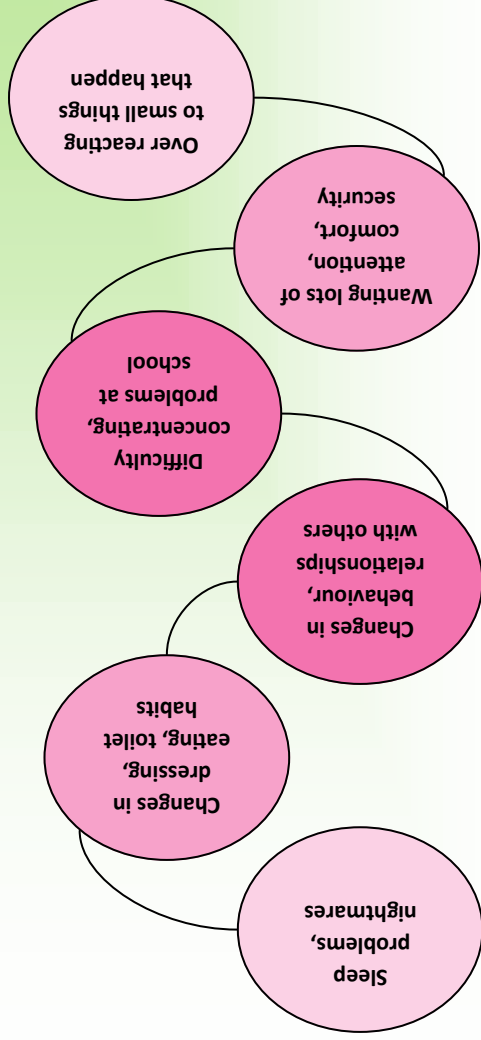
*Ka pakeke te haere,  
kaua e hemo*

Things may be difficult but don't give up.

Children have their own ways of dealing with trauma, and often it is not what may be expected and may not show up for some time. How they react will often depend on how their parents react. You can help your children by sorting out your own reactions and feelings.



### Children's possible reactions



### How to help



- \* Tell children what has happened to prevent their imagination taking over
- \* Talk to them – ask how they are feeling and what they are thinking
- \* Encourage them to play and stick to routines. Make time to spend with them and have fun
- \* Allow time for them to feel better – don't expect it to be over quickly
- \* Don't forget to get help for yourself, so that you can support your children