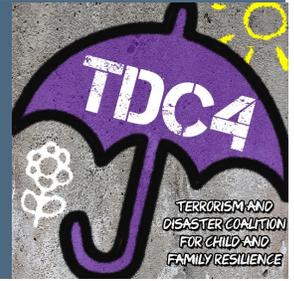


10 Considerations for Young Children After Disasters and Violent Events



- **Young children *are* impacted by disasters and trauma.** They are not “too young” to notice but may not have the language or skills to tell you how they feel. How they react and their recovery often depends on the response of parents and other caregivers.
- **Young children exposed to disasters and trauma may show how they feel through *changes in their behaviors and emotions.***
 - They may cry more, be more clingy, have difficulty paying attention, show repetitive play, sleep problems, and regressive behaviors (like bedwetting after being trained) and loss of language skills.
 - ♦ They may also be more aggressive or withdraw.
- Following Hurricane Katrina, parents of **young children reported behavioral health** symptoms in 30% of the children. It is also noteworthy that 33% of parents requested services.
- **Risk factors from different disasters or acts of violence may add up** resulting in increases in behavioral health symptoms, including symptoms of posttraumatic stress.
- **It is important to be hopeful** as most children will show resilience and recover.



10 Considerations for Young Children After Disasters and Violent Events

Interventions to Help Young Children

- It is very important to **re-establish routines for young children** after disasters or other violence; try to provide opportunities for them to play, relax, and recover.



- Be prepared to **listen to a young child**. Find out what they know, answer any questions, explain what is happening in a way they can understand.

Support for Adults

- Provision of **support from parents, caregivers, teachers, and other adults is crucial**.
- **Self-care for the adults** who are caring for young children is very important.



Learn more from The Terrorism and Disaster Coalition for Child and Family Resilience

<http://www.medschool.lsuhschool.edu/tdc/> | facebook.com/TDC4CFR/

