



**Your Child Will  
Feel Better  
Over Time**

**PARENTS PLAY A  
CRITICAL ROLE  
DURING AND  
AFTER A CRISIS!**



## Helplines

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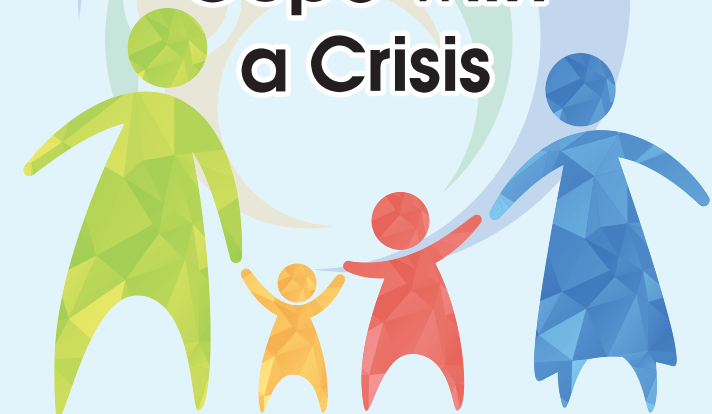
Ministry of Education  
SINGAPORE



# CARE

**Caring  
Actions in  
Response to an  
Emergency**

## Helping Your Child Cope with a Crisis



## **TIPS** for Parents

Children need the love and support of their parents to cope and find some closure to the crisis. The following are tips on how you can support your child cope with the situation:



Make time to listen to your child and answer their questions.



Allow your child to express his/her thoughts and feelings.



Assure your child that you are there for him/her.



Continue with normal daily tasks and activities.



Know that the changes in their behaviours may be possible reactions to the incident.



Keep in touch with your child's teacher(s) to monitor his/her progress in school.



Contact the School Counsellor if he/she continues to feel overwhelmed and distressed.



Be aware of your own past experience that may trigger some discomfited feelings in you again.



**MOST CHILDREN WILL RECOVER FROM A CRISIS WITH SUPPORT FROM FAMILY, FRIENDS AND SCHOOL.**

## Definition of a Crisis

A crisis is an event that causes normally stable and healthy people to experience strong psychological and emotional reactions. These are normal reactions in an abnormal situation and may affect the morale and functioning of individuals and disrupt their daily lives.

### Examples of Crises:



#### Death

(sudden and/or unnatural e.g. suicide, murder)



#### Natural disasters

(floods, earthquakes, hurricanes, tsunamis)



#### Man-made disasters

(acts of terror, wars, international conflicts)



#### Health disasters

(spread of diseases, biological agents)

**A CRISIS CAN HAPPEN TO ANYONE, ANYWHERE, ANYTIME BE PREPARED**



## Possible Reactions

Children may show their feelings in actions or behaviours rather than words. Reactions may vary and they change as the child grows older. Common reactions include:



Emotional reactions such as sadness, anger, fear, guilt, anxiety, shame, numbness and being easily upset.



Behavioural changes such as increased aggression, changes in appetite, having nightmares, changes in sleep patterns/activity levels, demands for attention and exhibiting misbehaviours, even refusal to attend school that are not typical for the child.



Interpersonal difficulties such as staying away from family and friends, becoming clingy and demanding of attention.



Changes in thinking, including repetitive disturbing thoughts and continual worry over the incident, loss of concentration and decline in academic performance.



Physical complaints such as tiredness, stomach aches, headaches and dizziness for which a physical cause cannot be found.



**IT IS IMPORTANT THAT YOUR CHILD KNOWS THAT YOU ARE THERE TO SUPPORT HIM/HER IN COPING WITH THE INCIDENT.**