

HELPING CHILDREN COPE

Sometimes children at all ages are required to deal with great personal challenges and losses.



How Parents and Caregivers Can Help:

- talk with your child at his level about the situation
- spend more time with your child to provide comfort and support
- help your child to believe that his world is still okay
- try to return to a regular routine as soon as possible
- be more aware of his feelings - every child is different
- note any change in behaviour
- listen to and encourage your child to verbalize his feelings
- realize that effects may last a long time - even if the child appears normal
- be aware that children may express grief through play
- give your child a task, to help him feel part of the process
- laugh - let him know that it is okay to still laugh and have fun
- monitor sleep patterns
- reassure a child who may have increased anxiety about his safety or that of his parents and friends
- understand that a child with special challenges (e.g. anxiety disorder) may have an increased difficulty with coping
- be aware that music, family pets, journals and nature help heal emotional wounds
- continue to communicate with teachers
- get help from physicians or appropriate community agencies if needed