

PARENTS AND OTHER CAREGIVERS ARE OUR HEROES AS THEY ARE PROTECTING OUR KIDS IN THIS TIME OF CRISIS



Remember that you are not alone in this difficult time. Many other people are also facing this natural disaster.

We can feel the pain you are going through and losing everything you have had.

In these situations, you can feel scared or upset but by sharing your sorrow and worries with someone you trust will help you lighten the burden.

Remember, you will only be able to help others if you will be able to deal with your fears and stress.

TAKE CARE OF YOURSELF IN THESE HARD TIMES SO THAT YOU CAN SUPPORT YOUR CHILDREN



When level of stress is too high then take some moments for yourself.

Listen to your breath while it goes in and out.

Put your hands on your tummy and feel how it comes out and go in with every breath.

Then listen to your breath in a calm way for a while.

Do this every day along with your children. It will help them learn stress management.

You are undoubtedly great.

HELP KIDS COPING WITH THIS CRISIS



It is possible that your child is feeling upset, angry or confused. S/he needs your support.

Listen to your children carefully when they express their feelings and try to empathise.

Accept whatever they are feeling and give them comfort that such feelings are quite normal under these circumstances.

Every night, praise yourself and the kids for something. This will make you feel better.

SMALL THINGS THAT HELP KEEP CHILDREN SECURE



Do not hide the truth but try to adopt a positive attitude.

If your child does not want to talk about this situation, do not insist.

Usually, with support and encouragement provided by parents, family, and friends, most of the children start feeling better soon, however, if you have any concerns regarding the child's feelings and behaviours, then please contact some reliable person or institution.

Remember, no matter how upset or tired you are, you are amazing parents.

SPEND AT LEAST 5 MINUTES OF POSITIVITY WITH YOUR CHILDREN DAILY



Ask children what they want to do.
Listen to them, look at them.
Pay your full attention to them.

Playing and talking to children everyday helps in making them feel secure.

TRY TO STAY CALM YOURSELF AND ENCOURAGE YOUR CHILDREN



In case of any uncertainty children observe and imitate behaviours of their elders.

Talk about your determination to reconstruct while expressing your loss.

Discuss that previously people worked together and came out of that crisis situation.

Assure them that friends, relatives and country's institutions will help them in this situation and the condition will be better in short time.

Keep encouraging them so that they are ready to face the challenges.

PRACTICAL WAYS TO COPE WITH CURRENT SITUATION



Although it is not easy but try to maintain consistency in daily routine.

If it is possible for you, try to engage children in daily routine activities and appreciate them for this.

Helping others can also make you feel better.

Our children learn to be peace, love, and empathy from us.

COPING WITH STRESS, TENSION, AND ANGER



When feeling stress, tension, or anger, find someone whom you can share your feelings with.

When you feel extremely angry, take a 10-second break/pause.

Take deep breaths five times.

Then try to respond in a comparatively calmer way.

Avoid substance abuse as a stress coping mechanism.

Be proud of yourself every time you are successful in doing so in a situation of anger.

BUILDING CHILDREN'S STRENGTH IN A CRISIS



Ask children to help in household chores.
Appreciate children in case of trying or doing something good.
This will help them to do good again.

Appreciating your children makes them realize that you give them attention and love.

PROTECT YOUR CHILDREN FROM SEXUAL HARRASMENT



Make pictures or copies of your identity documents.
Hide your current money or bank cards etc. at different places so that in case of losing your stuff you still have something for survival.

Praise yourself for doing the best you can.

MAKE SAFETY PLANS TOGETHER WITH CHILDREN



Teach your children that nobody has the right to touch them.

In order to stop someone who tries to do that, make children practice to shout to ask others for help.

Talk to them about dangerous people and places.

God forbid, if abuse happens, believe them. Tell them that its not their fault and you love them.

We acknowledge that it is difficult to talk with children about this topic, but remember, that talking to children helps in keeping them safe. We are proud of your courage.

HELPING YOUR CHILD IN CASE OF DEATH OF LOVED ONE



Tell them in simple words that the person has passed away and will never come back.

Tell them clearly about who will be taking care of them now.

Whatever your children are feeling, listen to them attentively and acknowledge their feelings.

It is possible that they appear to be happy but deep inside they are sad.

Pray together for the person who has passed away.

You might also be upset about losing someone. Take out some moments for yourself. Be proud of your courage.