

After the Storm Tips for Parents



Being a parent is a tough job, and after a natural disaster, the job of parenting can become even more stressful. Dealing with the loss of loved ones, homes, and belongings is difficult, especially when trying to explain these situations to your child. Under this type of pressure, some parents have problems dealing with their own emotions. This can lead to the development of unhealthy coping strategies such as yelling or lashing out at your children. By using a few healthy coping strategies, you can regain a sense of control.

How can I get help?

Call the Childhelp National Child Abuse Hotline 1-800-4-A-CHILD



Preventing Breakdowns Survival tips for recovery

- ❑ **Be a caring parent.** Parents and guardians play a major role in ensuring the safety and well-being of their children. Although you may be under more stress after a natural disaster, it is important to continue caring for your children. Children are strongly affected by your reactions.
- ❑ **Keep your children safe.** You must know where your children are and who they are with at all times.
- ❑ **Establish routines.** Establishing new routines is especially important when normal ones are disrupted. If you are in a shelter and unable to return home, establish routines such taking a family walk, eating meals together, or reading a bedtime story.
- ❑ **Take a time-out.** When you feel overwhelmed, take a time-out. Take a few deep breaths, count to 10, or take a walk alone.
- ❑ **Ask others for help.** Ask trusted friends, family members, and other parents for help if you feel overwhelmed.

For more information, visit

<http://www.cdc.gov/ncipc/dvp/CMP/default.htm>.