Following a disaster, governments and relief organizations play an important role in reducing distress for both victims and the broader society.
How do I communicate with my children about the disaster?

- Children may not understand what has happened and may be concerned that it will happen again. They may worry about the safety of their family, friends, or pets.
- Listen to children, pay attention to what they say, and how they act. Watch for trouble sleeping, irritability, sadness, anger, worry, problems in school, difficulty concentrating and listening, and not finishing schoolwork.
- Let children know they are not alone and provide opportunities for them to talk about what has happened. Answer questions simply and honestly and tell them what is being done to keep everyone safe.

- Maintain daily routines, activities, and structure with clear expectations, consistent rules, and immediate feedback; limit unnecessary changes.
- Take breaks from the crisis with activities unrelated to the event.
- Prevent further traumatization by limiting access to television, the internet, or other forms of media that show disturbing scenes of the event.
- Help children maintain contact with their school and friends. Tell children how they can help, build on their strengths, and give simple “doable” tasks.
- Be aware of your own thoughts, feelings, and reactions as children will observe how you respond to the event and it will affect how they cope and behave.