



# Talking with children after an emergency

It's important to talk to your children if they have been exposed to emergencies – either first hand or through the media.

- Try to minimise the distressing images or verbal media reports your children see. If your children are watching or listening to reports of emergencies, be with them to help them make sense of the situation – they need your perspective, guidance and reassurance.
- Be aware of what your child is being exposed to at school, both in the playground and the classroom or outside school on the internet and through social media.
- If your child has been personally involved in an emergency, check with them to see how they are going. You can help them by reassuring them of their safety.
- Encourage your child to talk about their feelings, thoughts and concerns. Don't dismiss their issues as trivial – this can create a belief that the events were too awful to talk about.
- Acknowledge concerns that are real and correct any misconceptions.
- If you have any concerns talk to your doctor, or seek a referral to an experienced psychologist.

## Further information

For further information or to download our *Helping children and young people cope with crisis* booklet visit [www.redcross.org.au/recover](http://www.redcross.org.au/recover)

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