

Dear Parents,

The events of the last several weeks (on top of a resurging pandemic!) certainly have taken a toll on us and our children! Making the decision to stay or evacuate, worrying about our families, our homes, and our communities. Many of us are now dealing with the aftermath of cleaning and fixing our own homes and witnessing devastation around us and wondering what we can do. All of these things affect our physical and emotional well-being and can leave us depleted. It is important for us as parents to realize that these experiences also impact our children and we need to be purposeful in supporting them through these experiences. We have compiled a list of useful resources for your review to support you in your efforts to help your children recover emotionally and grow stronger through these experiences.

### **General Information for Parents**

The following three articles written by national agencies dedicated to helping children and supporting mental health provide helpful information to better understand possible behaviors your child may be displaying immediately after and possibly, for some time after the storm. These articles describe helpful responses to these behaviors in order to help children develop coping strategies for stressful situations and build resilience.

- The National Child Traumatic Stress Network produced an article, “Hurricane Resources: Before, During, and After”:  
<https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/hurricane-resources#tabset-tab-5>
- The National Center on Early Childhood Health and Wellness: “Helping Your Child Cope After a Disaster”:  
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/coping-with-disaster-updated.pdf>
- The National Institute of Mental Health: Helping Children and Adolescents Cope with Disasters and Other Traumatic Events: What Parents, Rescue Workers, and the Community Can Do:  
<https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events>

### **Resources for Parents to Use Along with their Children**

During and after stressful situations it may be hard to know what to say to help ourselves and our children. Sometimes, we worry that talking about things will make them worse by upsetting

ourselves and others. However, while difficult and uncomfortable, talking about our perceptions and feelings, can develop a better connection and understanding with our loved ones. The following links contain various ways you may find helpful to start that difficult conversation with your child.

- Sesame Street Gets Through a Storm: <https://www.youtube.com/watch?v=SEz1yb3WPwA>
- When the Lights Went Out:  
<https://alliedhealth.lsuhscc.edu/clinics/docs/WhenTheLightsWentOut-AStoryAboutHurricaneIda.pdf>
- After the Storm:  
<https://7-dippity.com/wp-content/uploads/2021/03/After-the-Storm-2018-7-Dippity.pdf>

As always, please reach out to me should you or your child have any concerns or if you would like me to reach out to your child.

Prayerfully,  
Stacey Davis