



HEALING FROM CARR

Tips and Resources For Families Coping After the Wildfire Disaster

Be Gentle with Yourself.

You just made some hard decisions about your family's safety under immense pressure and limited sleep, be gentle with yourself. Practice using an inner kind voice as this will become your outer voice to your children.

Accept All the Feelings.

Accept your own feelings and validate your children's feelings to let them know it's okay to feel what they are feeling. Be a safe place for your child's feelings without trying to "fix" them. Being open and curious will help them not feel alone in their feelings.

Help them see the Light.

Look for the positive and show gratitude to help you and your children feel hopeful. This also shows them they can count on others to care about them in a painful transition. This helps build resiliency in times of crisis.

Use Focused Energy.

Ask your children what they are concerned about, rather than telling them "everything". Their curiosity and the things they are thinking about may surprise you. Show them their concerns are important to you.

Structure Some Simple Joys.

When your structured routine is disrupted, pick an activity your child can look forward to. For example, pick an outing to the movies and refer to it throughout the day so your child has some structure to orient to.

Help Them Be the Light.

After a traumatic experience, bring attention to others to gain some relief. Practicing small acts of kindness, such as sharing a snack or giving a card, keeps your child's heart and mind empowered.

HEALING FROM CARR

First 5 Shasta- Care Cope Connect

first5association.org/care-cope-connect

American Academy of Pediatrics

healthychildren.org (search topics below)

How to Support Your Child's Resilience in a Time of Crisis

Talking to Children About Disasters

How Families Can Cope with Relocation Stress After a Disaster

The National Child Traumatic Stress Network

nctsn.org (search topics below)

Age-Related Reactions to a Traumatic Event

After a Crisis: Helping Young Children Heal

Alcohol, Medication, and Drug Use after Disaster

Tips for Relaxation

Tips for Adults

Tips for Parents Regarding Media Coverage

Parent Guidelines for Helping Children Impacted by Wildfires

Centers for Disease Control and Prevention - Wildfires

cdc.gov/disasters/wildfires (search topic below)

Protecting Your Physical & Emotional Wellbeing

Department of Homeland Security - Wildfires

ready.gov/wildfires

Mobile App "Help Kids Cope"

Available for Apple devices in the App Store and Android devices on Google Play



Health and Human
Services Agency



shasta
Strengthening
Families
strong • safe • connected