



Helping Children Through the Storm

## Preparing Your Child Before the Storm

- ✓ Talk calmly about what may happen
- ✓ Keep routines as normal as possible
- ✓ Let children help gather supplies
- ✓ Pack comfort items (toys, books, snacks)



*Small steps help children feel safe and prepared*



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# Helping Your Child Stay Calm During the Storm

- ✓ Keep them close and reassured
- ✓ Use games, books, or storytelling
- ✓ Explain sounds (wind, rain) in simple ways
- ✓ Stay calm – they follow your lead



**Your calm is their comfort**



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# Supporting Your Child After the Storm

- ✓ Let them talk about their feelings
- ✓ Reassure them they are safe
- ✓ Limit exposure to distressing images
- ✓ Watch for signs they may need extra support



Healing takes time – and that's okay



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