



## Hurricane Irma Post-Hurricane Tips for Parents/Guardians

### What can parents/guardians do to help?

As a parent/guardian let your children know:

- You love them.
- You will do your best to take care of them.
- It is okay for them to feel upset.

### Do:

- Allow children to cry.
- Allow sadness.
- Let children talk about feelings.
- Let them write about feelings.
- Let them draw pictures about the event or their feelings.
- If children have trouble sleeping give them extra attention, let them sleep with a light on, or let them sleep in your room (for a short time).
- Try to keep normal routines, for example, reading bedtime stories, eating dinner together, watching TV together, reading books, exercising, or playing games. If you can't keep normal routines, make new ones together.
- Help children feel in control when possible by letting them choose meals, pick out clothes, or make some decisions for themselves.

### Don't:

- Expect children to be brave or tough.
- Make children discuss the event before they are ready.
- Get angry if children show strong emotions.
- Get upset if they begin bedwetting, acting out, or thumbsucking.

\*Should you feel you need additional support or have specific questions, please reach out to your child's school counselor.