

Reactions to disasters may appear immediately after the disaster or after several days or weeks. Most of the time the symptoms will pass after the child readjusts. When symptoms do continue, most likely a more serious emotional problem has developed. In this case, referring the child to a mental health worker who is experienced in working with children and trauma would be necessary.

## **Reactions by Age Groups**

### **Preschool (1-5 years)**

When faced with an overwhelming situation, such as a disaster, children in this age range often feel helpless and experience an intense fear and insecurity because of their inability to protect themselves. Many children lack the verbal skills and conceptual skills needed to cope effectively with sudden stress. The reactions of their parents and families often strongly affect them. Abandonment is of great concern for preschoolers, and children who have lost a toy, pet, or a family member will need extra comfort.

#### **Typical Reactions:**

- Bed-wetting
- Fear of the darkness or animals
- Clinging to parents
- Night terrors
- Loss of bladder or bowel control, constipation
- Speech difficulties (e.g., stammering)
- Loss or increase of appetite
- Cries or screams for help
- Immobility, with trembling and frightening expressions
- Running either toward an adult or in aimless motion
- Fear of being left alone; of strangers
- Confusion

#### **Helpful Hints:**

- Encourage expression through play reenactment
- Provide verbal reassurance and physical comforting
- Give frequent attention
- Encourage expression regarding loss of pets or toys
- Provide comforting bedtime routines
- Allow to sleep in same room with parents until the child can return to their own room without the post-disaster fear

### **School Age (5-11 years)**

The school-age child is able to understand permanent changes or losses. Fears and anxieties predominate in this age group. Imaginary fears that seem unrelated to the disaster may appear. Some children, however, become preoccupied with the details of the disaster and want to talk about it continuously. This can get in the way of other activities.

### **Typical responses:**

- Thumb sucking
- Irritability
- Whining
- Clinging
- Aggressive behavior at home or school
- Competition with younger siblings for parental attention
- Night terrors, nightmares, fear of darkness
- School avoidance
- Withdrawal from peers
- Loss of interest and poor concentration in school
- Regressive behavior
- Headaches or other physical complaints
- Depression
- Fears about weather; safety

### **Helpful Hints:**

- Patience and tolerance
- Play sessions with adults and peers
- Discussions with adults and peers
- Relaxed expectations at school or at home (temporarily)
- Opportunities for structures but not demanding chores and responsibilities at home
- Rehearsal of safety measures to be taken in future disasters

### **Preadolescence (11-14 years)**

Peer reactions are especially significant in this age group. The child needs to know that his/her fears are both appropriate and shared by others. Helping should be aimed at lessening tensions and anxieties and possible guilt feelings.

### **Typical Responses:**

- Sleep disturbance
- Appetite disturbance
- Rebellion in the home
- Refusal to do chores
- School problems (e.g., fighting, withdrawal, loss of interest, attention seeking behaviors)
- Physical problems (e.g., headaches, vague pains, skin eruptions, bowel problems, psychosomatic complaints)
- Loss of interest in peer social activities

### **Helpful Hints:**

- Group activities geared toward the resumption of routines
- Involvement with same age group activity

- Group discussions geared toward reliving the disaster and rehearsing appropriate behavior for future disasters
- Structured but undemanding responsibilities
- Temporary relaxed expectations of performance
- Additional individual attention and consideration

## **Adolescence (14-18 years)**

A disaster may stimulate fears concerning the loss of their families and fears related to their bodies. It threatens their natural branching away from their family because of the family's need to pull together. Disasters disrupt their peer relationships and school life. As children get older, their responses begin to resemble adult reactions to trauma. They may also have a combination of some more childlike reactions mixed with adult responses. Teenagers may show more risk-taking behaviors than normal (reckless driving, use of drugs, etc.). Teens may feel overwhelmed by their emotions, and may be unable to discuss them with their families.

### **Typical Responses:**

- Headaches, or other physical complaints
- Depression
- Confusion/poor concentration
- Poor performance
- Aggressive behaviors
- Withdrawal and isolation
- Changes in peer group or friends
- Psychosomatic symptoms (e.g., rashes, bowel problems, asthma)
- Appetite and sleep disturbance
- Agitation or decrease in energy level
- Indifference
- Irresponsible and/or delinquent behavior
- Decline in struggling with parental control

### **Helpful Hints:**

- Encourage participation in community rehabilitation work
- Encourage resumption of social activities, athletics, clubs, etc.
- Encourage discussion of disaster experiences with peers, family, and significant others
- Temporarily reduce expectations for level of school and general performance
- Encourage but do not insist upon discussion of disaster fears within the family setting

## **Tips for Parents**

Children often imitate their parent's behavior. When parents have coped well with the situation, there is an excellent chance the children will also cope well. When problems are kept hidden and not discussed openly, children may interpret this to mean that something dreadful is going on, often even worse than it really is.

## How Parents Can Help Their Children Cope

- Hug and touch your child often.
- Reassure the child frequently that you are safe and together.
- Talk with your child about his or her feelings about the disaster. Share your feelings too. Give information the child can understand.
- Talk about what happened.
- Spend extra time with your child at bedtime.
- Allow children to grieve about their lost treasures; a toy, a blanket, their home.
- Talk with your child about what you will do if another disaster strikes. Let your child help in preparing and planning for future disasters.
- Try to spend extra time together in family activities to begin replacing fears with pleasant memories.
- If your child is having problems at school, talk to the teacher so that you can work together to help your child.

Children depend on daily routines: They wake up, eat breakfast, go to school, play with friends. When emergencies or disasters interrupt this routine, children may become anxious. In a disaster, they will look to you and other adults for help. How you react to an emergency gives them clues on how to act. If you react with alarm, a child may become more scared. They see our fear as proof that the danger is real. If you seem overcome with a sense of loss, a child may feel their loss more strongly.

Children's fears also may stem from their imagination, and you should take these feelings seriously. A child who feels afraid is afraid. Your words and actions can provide reassurance. When talking with your child, be sure to present a realistic picture that is both honest and manageable. Feelings of fear are healthy and natural for adults and children. But as an adult, you need to keep control of the situation. When you are sure that danger has passed, concentrate on your child's emotional needs by asking the child what is uppermost in his or her mind. Having children participate in the family's recovery activities will help them feel that their life will return to "normal." Your response during this time may have a lasting impact.

Be aware that after a disaster, children are *most afraid* that-

- the event will happen again;
- someone will be injured or killed;
- they will be separated from the family;
- they will be left alone.

You can help children cope by understanding what causes their anxieties and fears. Reassure them with firmness and love. Your children will realize that life will eventually return to normal. If a child does not respond to the above suggestions, seek help from a mental health specialist or a member of the clergy.