



Managing Stress for Children Under Five

- Limit media exposure by turning off TV and radios.
- Monitor what you say around children.
- Control your emotions.
- Give children a routine.
- Give them extra hugs.
- Encourage expression of emotions through talking, drawing etc.
- Reduce expectations and be prepared for children to revert back to previous behavior such as bed wetting or thumb sucking.



Children 5 - 11 Years Old

- Inform children of your emergency plan so they get a sense of control.
- Keep lines of communication open and allow children to express a range of emotions.
- Be honest if you cannot answer questions.
- Assure children that a range of emotions is normal.
- Monitor television viewing.
- Make sure they know they are not to blame.

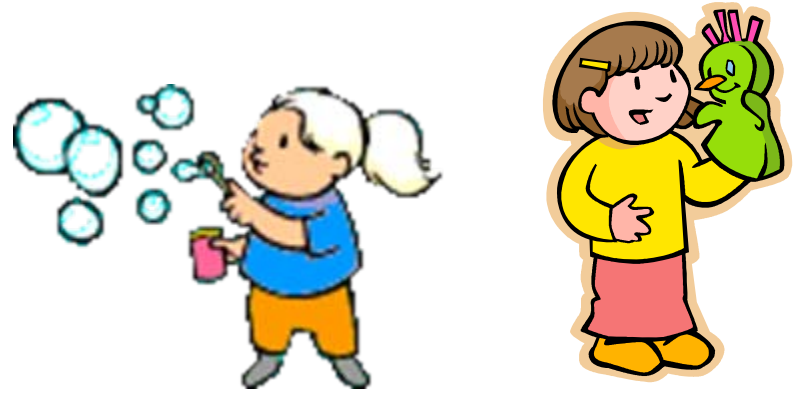


Adolescence

- Remember opinions of others is very important, especially in young adolescence...communication with friends and knowing they are not alone may relieve stress. Allow ways for them to connect via phone, computer or letters.
- They may withdraw from family. Make sure they know this is an opportunity to communicate about any topic they wish.
- They may feel guilty because they cannot assume adult responsibilities, especially in later adolescence. Allow adolescents' to assist in the family emergency plan and other responsibilities.

Stress Supply Kit for Children

- Referrals for help
- Handouts on stress and coping
- Note pad / paper / journal
- Pen
- Money
- Tissues
- Healthy snack foods
- Crayons
- Bubbles
- Puppets
- Stuffed Animals
- Playing cards
- Play Dough
- Books: *A Terrible Thing Happened* / *Brave Bart*



Resources For Managing Stress in Children

- Post Trauma Resources
<http://www.posttrauma.com/>
- Odochartaigh Associates
<http://www.angelfire.com/biz/odochartaigh/trauma.html>
- The Consortium on Trauma, Illness, and Grief in Schools
<http://www.tigconsortium.org/about.asp>

Resources Continued

- American Academy of Pediatrics, Children, Terrorism and disasters
<http://www.aap.org/terrorism/index.html>
- Baldwin Trauma Pages <http://www.trauma-pages.com/pg5.htm>
- Safety Smart http://www.reileyhospital.org/articles/crissi_index.htm

Resources Continued

- **Books:**

- *A Terrible Thing Happened* by Margaret M. Holmes
- *Brave Bart* by Caroline H. Sheppard, ACSW
- *Don't Pop Your Cork On Mondays!* By Adolph Moser Ed.D.

- **Music** that makes you laugh, dance or cry