



Birth to 6 years:

- May not have words to express their emotional distress
- Irritable, crying more than usual
- Return to bed wetting (if potty trained)
- Want to be held and cuddled more than usual
- Can feel helpless, powerless and frightened
- Doesn't want to be separated or leave care givers
- Trouble sleeping
- Angers easily



7-10 years:

- Understand the permanence of loss
- Preoccupied with details of event & want to talk about it continually
- Difficulty concentrating and focusing on task
- May hear and react to inaccurate information from peers (which adults can clarify)
- Difficulty sleeping and may return to bed wetting
- Fear disaster will happen again
- Irritable and angers easily
- May be sad and not understand why



11-18 years:

- Similar responses to adults
- World seems unsafe
- May become involved in dangerous and risk-taking behaviors
- Fear leaving home and avoid social activity
- Feel overwhelmed by intense emotion but unable to talk about them
- Trouble concentrating and focusing on tasks
- Difficulty sleeping
- Preoccupied with disaster
- Irritable and angers easily

TIPS for SUPPORT:

- Give kids opportunities to ask questions
- Keep answers short and simple
- Clear up misunderstandings
- Accept feelings of anger, sadness, and frustration without refuting or making promises you can't keep
- Remain calm and react slowly
- Be patient with yourself
- Emphasize that school is a safe place
- Teach coping and stress relief skills
- If a child has difficulty expressing emotions, allow them to draw a picture or tell a story
- Spend some extra time with struggling family members
- Re-establish or create opportunities to build relationships and establish community connections
- Provide stability and routines
- If routine is interrupted, explain ahead of time why and, if possible, allow kids a chance to help with creating a new plan for the day
- Refer struggling students to their school counselor(s)
- Monitor and limit exposure to storm media coverage