

Helping children after trauma

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Below is some information on stress, with some tips for parents to help children through any difficult time.

SYMPTOMS OF STRESS

There can be a very wide range of symptoms. Because children have an underdeveloped 'emotional vocabulary', they sometimes express their emotions in immature and inappropriate ways. Parents need extra patience and love for kids at this time, which can be especially hard if our own emotions are still raw and stressed.

Anxiety

Kids will be fearful of more earthquakes and of being left alone. They will worry about their safety and their future welfare. They will also be worried about other people and pets, and even worried about you, especially if they have seen you hurt or upset. After a big shock or a prolonged period of stress, children may be much more easily triggered into a fearful state. Some of the symptoms may be:

Regressing

- Bedwetting
- 'Going backwards'
- Thumb sucking

Sleeplessness

- Bad dreams
- Scared of going to bed
- Wanting to sleep with you

Somatic responses

- Nausea
- Headaches
- Stomach aches

Withdrawing

- Especially older children
- A sense of responsibility, even for parents
- Not wanting to talk
- Not wanting to disturb you
- Watching you closely

Guilt

- For somehow being responsible for the event
- For how they behaved in it – especially if they saw you really concerned for them
- For enjoying the excitement

Anger

WHAT HELPS

Comfort

Trust your instincts and your heart! You represent safety. Your arms around them and your reassurance is absolutely what they need the most. Little kids best handle stress and upset when there is a 'big person' who enters into their world and takes it seriously.

- Closeness
- Cuddles
- Time together
- Familiar objects, such as soft toys, blankets, a picture of you
- Allowing them to talk

Stress handling tools

Stress can be alleviated to an amazing extent by what we do physically. Panic can be greatly relieved by deliberate, slow breathing and stretching exercises. When children seem stressed, think about something physical you could do with them.

- Walking
- Back rubs
- Having a bath
- Eating good food rather than sugary snacks
- Avoiding caffeinated colas

Other things that can be great for easing stress are listening to music, reading or playing a story to them. Older children will benefit from relaxation exercises; if you Google 'relaxation' there are hundreds of guides and downloadable recordings to help.

Don't neglect fun – which might seem strange in the midst of tragedy. Children have an amazing capacity to see the humour, fun and adventure even in terrible situations. Playing together and having jokes can be wonderfully therapeutic, and can detoxify the emotions attached to these events.

Perspective

One thing that adults usually have that children lack is an accurate perspective of the danger. Overhearing dramatic retellings of events or watching media coverage may excite fears that are greater than they need to be. "It was really scary, but we are safe now", is a message that may need to be repeated often.

Truthfulness

Don't deceive them, because they really need to trust you at this time. You can't say there won't be any more aftershocks or even another big earthquake. "There may be a few more – no one knows, really – but we are prepared and you will be safe".

Facts

School age children can understand a lot about what is going on. As well as the effects of the earthquake, talk about things like what the Police, Army and Civil Defence are doing. They may not know about things like insurance and government assistance. They may be greatly comforted to know about all the volunteers and the public spirit that comes out in a community at this time.

Limiting media

As adults, we understand that media news coverage tends to exaggeration, but children may be alarmed. Though the media have handled this event generally very well, it would be wise to limit the amount your children are exposed to news coverage. If you watch the news together, you might like to give your interpretation and perspective.

Interpretation

Give your reassuring 'big picture' interpretations of the event to your children.

"The house is badly damaged, but we are all safe and that's what really matters. We can repair the house."

"Christchurch has been knocked about, but we will recover."

"Just as well most of our buildings can handle a shake like that."

Invite questions from them

Be prepared to handle their questions. You are allowed to say you don't know the answers, but offer to find out for them.

Emotional insights

Your children may never have experienced such strong or dismaying emotions before. Repeatedly reassure them that it is understandable after something like this. Others are feeling like it too, including grown-ups, but the feelings will pass. Where your insight will be especially valuable is helping them label their emotions.

"You normally don't yell and act angry like this. I think it's because of the upset from the earthquake. It stirs us all up."

"You're feeling sick... and we will certainly take you to the doctor if it doesn't get better soon... but sometimes people feel really sick after a fright like the one we have had."

- A key insight – emotions tell us about what has been, not about what will be
- Emotions cannot be commanded to go
- Emotions don't always tell us the truth
- Emotional upsets take time to get over
- Reassure children: things like bad dreams are normal and go away

- Talking about how they are feeling helps
- Assure them not to feel ashamed of their emotions, especially when talking to parents

Being active

Being busy helps, especially if it is helpful worthwhile things like helping others who have been affected.

Reassurance

- They are safe
- Other quakes may happen, but they will be prepared and safe
- There are Police, Ambulances and so many others that will help
- Generally New Zealand has good buildings
- In emergencies, there are so many good people who will help you
- That you have confidence in them to handle difficult times
- It is likely tremors will get less
- That there is a Plan B and Plan C: "We can always go and stay with Grandma if our house needs to be repaired." "If you are at school in an emergency, you know your teachers will look after you."
- That they can trust you: you know what to do, and that you will never abandon them

Preparation

Kids love to know that you are prepared for emergencies. It greatly reduces anxiety if they have a plan of what to do.

- What to do if tremors reoccur
- Get them to help you assemble an emergency kit
- Discuss an evacuation plan
- List people they can contact if they need to
- Rehearse and recite plans
- Ask them to give you their ideas (while giving reassurance that you know what you are doing)
- Show them the emergency advice in the phone book and in the media
- Let them know that you trust them to do well in an emergency

Knowing what is happening

Keep kids in the loop. They may be anxious to let you out of their sight but you may be very busy at this time and not have a great deal of time to spare for your children. Let them know what you are doing and where you will be. Let them know how they could contact you. Have reassuring reunions at the end of the day when you tell them what you have been doing.

Hope

Tell stories about good times ahead, about sports and hobbies and activities that are on hold at the moment, but they will happen again. Acknowledge things are tough at the moment, but tough times don't last. Let them see your optimism and confidence.

Sympathy

Don't minimise their sense of grief at loss of their home and possessions. Many things may be upsetting them:

- Relocation
- Lost pets
- The upset and fear
- Separation
- Injury

Allow them to express and grieve without minimising or dismissing. Turning their concerns into prayers, or hearing you echo back to them what they are feeling, can make them feel truly heard and loved, and help them through this time.

Return to routine

One of the best things to help kids get over an upset is returning to routine. Even if you are living away from home, some of the old routines can still be revived. Getting back to school will help. Bedtime routines help them settle peacefully: prayers, stories and a debriefing. Kids form routines readily – maybe you could establish some new ones now to show that life is settling into a predictable pattern.

Modelling calm

This is hard, because adults are upset too. But it is amazing how much extra courage we can draw up when we know our children are looking to us for reassurance. When we are obviously upset or anxious, explain your emotions to your children – it may help them understand their own feelings.

Most of us enjoy telling a good story, and the events in Canterbury have provided plenty, but avoid overly dramatic retellings on the phone if your children are listening (and they are *always* listening!).

Normal boundaries

It is appropriate during this time to be a little gentler on our children, to tolerate their emotions and behaviour. But children do feel more secure when they know that their world – and their behaviour – is under adult supervision and control. Your boundaries help them feel protected. Boundaries:

- Restore order
- Restore self control
- Set expectations that they can handle themselves
- Reassures

Set plans to return to regular bedtimes and chores if these have been disrupted.

Post Traumatic Stress

Traumatic events can replay over and over in the mind. This will happen when something 'triggers' the memory like a smell, sound or picture that reminds them of the event.

Give comfort

The emotions can feel almost as strong as they did during the initial trauma. They will need your closeness and sympathy.

Limit triggers at first

- Limit media
- Be aware of what fires off the response

Give insight into the triggers

"That loud noise reminded of you the earthquake."

Add to the picture

At safe times, get them to tell the story or to draw pictures. As they relive it in their mind, in your safe presence, add to the picture things that take away some of the terror:

- "... but you were safe"
- "... and you handled it well"
- "... and it was amazing how people helped"

Including positive problem solving as they retell the story

- How would you handle it differently?
- What would make things safer?
- What will be different next time if there is ever a next time?

GET PROFESSIONAL HELP

You can usually expect the upset and distress to get less, though there is no 'timetable' to recovery for an event like this. If their behaviour or emotions seem to continue to give problems, then consult your doctor, counsellor or psychologist.

Urgent Contacts

Lifeline

0800 111 777

Youthline

0800 376 633

Kidsline

0800 543 754

Parents Helpline (Barnardos)

0800 4 727 368

WhatsUp (Barnardos for children – midday to midnight)

0800 942 8787

Healthline

0800 611 116



Helping a Child Manage Fears

Helping a Child Manage Fears After a Traumatic Event

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Overview

Here are some ways to help children cope with fears associated with violent traumatic events such as bombings and shootings -- whether the child has been directly involved or has learned of the event through the media.

- Understanding your child's fears
- The importance of security and routine
- Helping your child
- Common reactions
- If fears continue

Traumatic events can have profound effects not only on those who have been injured, but also on loved ones, survivors, and witnesses. Extensive media coverage of tragedies means that the circle of witnesses has expanded to include those who were not present at the event. Large-scale tragedies such as bombing incidents and school shootings can be extremely disturbing to children, who thrive on predictability and security. The following information is intended to help you understand and ease your child's fears.

Understanding your child's fears

Children who have been exposed to a traumatic event are afraid of many of the same things adults are afraid of: that the event will happen again; that they or their family will be hurt; or that they will be separated from family members. They may also have fears based on misconceptions of what has happened.

The importance of security and routine

Among the most important things adults can provide for children, at any time, is an unbroken sense of security and routine. If your child has been exposed to a traumatic event, it's important to do as much as you can to keep disruptions to a minimum and to reassure him that he is loved, cared for, and protected. It can be helpful to:

- Reassure your child that you are there to protect him, and that your family is safe and together.
- Provide extra physical reassurance. Hugging, sitting close to read a book, and back rubs can help restore a child's sense of safety.
- Give your child a comforting toy or something of yours to keep -- a scarf, a photograph, or a note from you. Your child may be afraid of separating from you, and keeping a reminder of you close by can help.
- Be available as much as you can for talking with and comforting your child. (If you can, you may want to save phone calls for after your child's bedtime.)
- If your child's daily routine has been interrupted, let him know that this is only temporary. (You will probably need to repeat this many times.)

Helping your child

Open, thoughtful communication with your child will help comfort and reassure her. The following guidelines can help:

- Ask your child what she thinks has happened. If she has any misconceptions, this is a chance for you to help her. If a child knows upsetting details that are true, don't deny them. Instead, listen closely and talk with her about her fears.
- Help your child talk about the event by letting her know that it is normal to feel worried or upset. Try to listen carefully and understand what she is really trying to say. Help younger children use words like "angry" and "sad" to express their feelings.
- Try to be patient when your child asks the same question many times. Children often use repetition of information as a source of comfort. Try to be consistent with answers and information.

- If your child seems reluctant to talk, ask her to draw pictures of what happened, and talk about the pictures with her.
- Encourage a young child to act out her feelings with toys or puppets. Don't be alarmed if she expresses angry or violent emotions. Instead, use the play-acting to begin a conversation about your child's worries and fears.
- Talk with your child about your own feelings, but try to find other adults to talk with about your anxieties and frustrations. Children pick up on their parents' emotions, and will tend to feel more frightened and helpless if that's how their parents appear.
- Shield your child from graphic details and pictures in the media. They will only make her more anxious.

Common reactions

Here are some common reactions associated with traumatic events and ways to help your child deal with them:

- **Regression.** Many children may try to return to an earlier stage when they felt safer and more cared for. Younger children may wet the bed or want a bottle; older children may fear being alone. It's important to be patient and comforting if your child responds this way.
- **Thinking the event is their fault.** Children younger than seven or eight tend to think that if something goes wrong, it must be their fault -- no matter how irrational this may sound to an adult. Be sure your child understands that he did not cause the event.
- **Sleep disorders.** Some children have difficulty falling to sleep; others wake frequently or have troubling dreams. If you can, give your child a stuffed animal, soft blanket, or flashlight to take to bed. Try spending extra time together in the evening, doing quiet activities or reading. Be patient. It may take a while before your child can sleep through the night again.
- **Feeling helpless.** Powerlessness is painful for adults and children. Being active in a campaign to prevent an event like this one from happening again, writing thank you letters to people who have helped, and caring for others can bring a sense of hope and control to everyone in the family.

If fears continue

Sometimes a child's fears last long after a traumatic event, interfering with his enjoyment of everyday life. If your child has persistent problems with any of the following, it's important to consult your doctor for a referral to expert help:

- troubled sleep or frequent nightmares
- bedwetting
- fear of darkness, imaginary monsters, or bad people
- fear of going to school, going outside, or being left alone
- thumb sucking
- unusual quietness, unresponsiveness, or tiredness
- unusual agitation or aggression
- excessive clinging