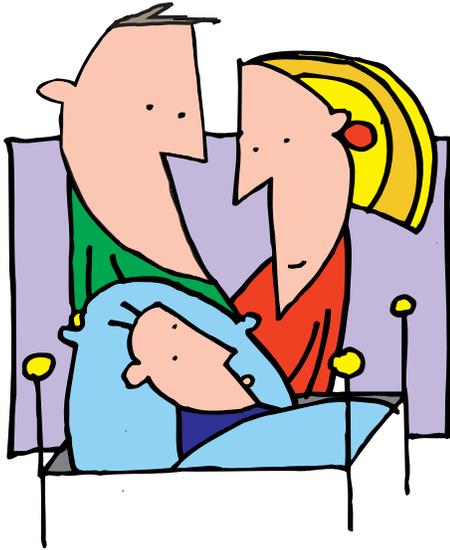


Hope After A Hurricane

Helping Young Children After A Disaster

Ages 1- 5



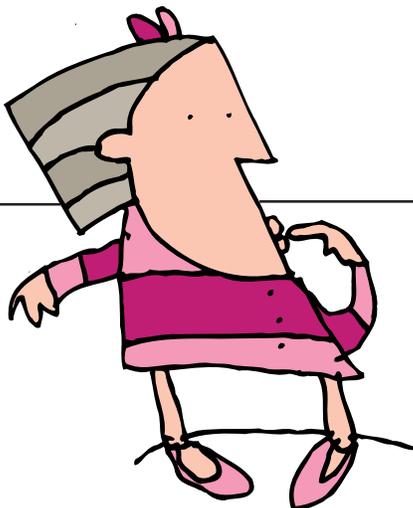
Although people of all ages share many feelings and reactions after a disaster, children need special attention.

Typical reactions for children of all ages include:

- ◆ Fear of future disasters
- ◆ Behaviors they might have shown at an earlier age such as bed-wetting, thumb sucking
- ◆ Trouble sleeping
- ◆ Fear of natural events associated with the disaster
- ◆ Fear of being left by loved ones

Common responses in this age group are:

- ◆ Thumb sucking, crying
- ◆ Bed-wetting
- ◆ Fear of darkness or threatening weather conditions
- ◆ Clinging behavior
- ◆ Night terrors, nightmares
- ◆ Loss or increase of appetite; vomiting
- ◆ Nervousness, irritability
- ◆ Problems with separation from parent, siblings
- ◆ Daydreaming, distractibility

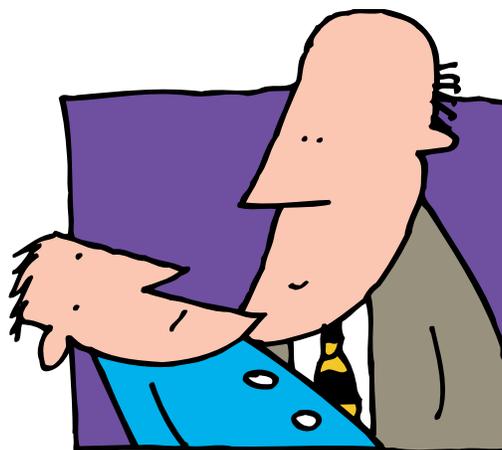


Children in this age group are particularly vulnerable. Because they generally are not able to talk about how they are feeling, they look to trusted adults for comfort and are affected by the reactions of these individuals. Being left by loved ones is a major fear in this age group, and children who have lost homes, family members, pets or toys will need special reassurance.



- ◆ Say things to reassure the child
- ◆ Give hugs
- ◆ Give extra snacks
- ◆ Encourage talking about how it feels to lose pets or toys
- ◆ Provide comforting bedtime routines, such as nightlights, special story time...

Consider professional mental health services for children whose responses to the disaster are getting in the way of regular home and school life.



For more information, please contact the Division's website at <http://www.dhhs.state.nc.us/mhddsas/>

"Click on Disaster Information"

For more information, please contact the Division's website at

<http://www.dhhs.state.nc.us/mhddsas/>

"Click on Disaster Information"

The North Carolina Department of Health and Human Services
Division of MH/DD/SAS NC DHHS is an equal opportunity provider and employer



State of North Carolina • Michael F. Easley, Governor
Department of Health and Human Services • Carmen Hooker Odom, Secretary
Michael Moseley • Director DMH/DD/SAS