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
- Loss of interest in school
- Behaviors they might have shown at an earlier age such as bed-wetting or 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:
- Irritability
- Whining, clinging
- Problems with sleep or appetite
- Aggressive behavior at home or school
- Extra competition for parents’ attention
- Night terrors, nightmares fear of darkness
- Avoiding school, problems separating from parents
- Withdrawal from other children their age
- Loss of interest and poor performance in school
- Physical problems (such as headaches, bowel or bladder problems)
### Ages 6-11

**Some ways adults may help:**

- 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...

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