

# RESOURCES TO SHARE WITH FAMILIES

AGE GROUP	REACTIONS	HOW TO HELP
PRESCHOOL	<p>Fear of being alone, bad dreams</p> <p>Speech difficulties</p> <p>Loss of bladder/bowel control, constipation, bed-wetting</p> <p>Change in appetite</p> <p>Increased temper tantrums, whining, or clinging behaviors</p>	<p>Patience and tolerance</p> <p>Provide reassurance (verbal and physical)</p> <p>Encourage expression through play, reenactment, story-telling</p> <p>Allow short-term changes in sleep arrangements</p> <p>Plan calming, comforting activities before bedtime</p> <p>Maintain regular family routines</p> <p>Avoid media exposure</p>
SCHOOL-AGED (6-12)	<p>Irritability, whining, aggressive</p> <p>Clinging, nightmares</p> <p>Sleep/appetite disturbance</p> <p>Physical symptoms (headaches, stomachaches)</p> <p>Withdrawal from peers, loss of interest</p> <p>Competition for parents' attention</p> <p>Forgetfulness about chores and new information learned through educational activities</p>	<p>Patience, tolerance, and reassurance</p> <p>Play sessions and staying in touch with friends through telephone and internet</p> <p>Regular exercise and stretching</p> <p>Engage in educational activities (workbooks, educational games)</p> <p>Participate in structured household chores</p> <p>Set gentle but firm limits</p> <p>Discuss the current outbreak and encourage questions, include what is being done in the family and community</p> <p>Encourage expression through play and conversation</p> <p>Help family create ideas for enhancing health promotion behaviors and maintaining family routines</p> <p>Limit media exposure, talking about what they have seen/heard including at school</p> <p>Address any stigma or discrimination occurring and clarify misinformation</p>
ADOLESCENT (ages 13-18)	<p>Physical symptoms (headaches, rashes, etc.)</p> <p>Sleep/appetite disturbance</p> <p>Agitation or decrease in energy, apathy</p> <p>Ignoring health promotion behaviors</p> <p>Isolating from peers and loved ones</p> <p>Concerns about stigma and injustices</p> <p>Avoiding/cutting school</p>	<p>Patience, tolerance, and reassurance</p> <p>Encourage continuation of routines</p> <p>Encourage discussion of outbreak experience with peers, family (but do not force)</p> <p>Stay in touch with friends through telephone, Internet, video games</p> <p>Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors</p> <p>Limit media exposure, talking about what they have seen/heard including at school</p> <p>Discuss and address stigma, prejudice and potential injustices occurring during outbreak</p>

Source: The National Child Traumatic Stress Network