

Resources For Talking To Children About Hurricane Sandy

Sesame Street: [Hurricane Kit](#). This “tool kit” for parents and caregivers in case of a natural disaster includes four Sesame Street videos for kids to watch. It also has 10 tips for parents and caregivers, including encouraging kids to share their feelings with words or pictures, and watching out for signs of stress, such as nightmares, bed-wetting and aggression. Sesame Street also has a [PDF guide called “Here for Each Other”](#) to help families after an emergency.

Here is a link to a playlist of Emergency PSAs that was posted on YouTube earlier this week by Sesame Street: https://www.youtube.com/watch?v=R7RFKX2_zbg&list=PL8TioFHubWFtJx3KhfYYJJbrvqLTkKCyO&feature=lpp_play_all

Here for Each Other document, a resource for parents and caregivers to help families after emergencies. Please feel free to reproduce and share this resource. It is also available as a PDF download online at: http://www.sesamestreet.org/cms_services/services?action=download&fileName=For%20Parents:%20Here%20for%20Each%20Other&uid=88b10d16-be94-4962-bd02-f3fcefbab5c4.

National Child Traumatic Stress Network: [Resources for After a Hurricane](#). The resources include simple activities to do with your children or adolescents, guidelines for parents on how to help their child after a hurricane and ways teachers can support students in the aftermath of a hurricane. There is also a children’s book that explains hurricanes in kid-friendly language, with a useful guide for parents and caregivers at the end of the story.

FEMA: [Keeping Children Safe in Sandy’s Wake](#). Written by a medical doctor, this guide from the Federal Emergency Management Agency includes tips on how to keep children safe in storm-affected areas, as well as a section called “Addressing the Emotional Impacts from Sandy.” (Recommended by [@hellolittleone](#) on Twitter)

The Child Mind Institute: [Talking to Kids About Hurricane Sandy](#). The website includes a number of tips, and says “Be calm, factual and supportive. And turn off the TV.”

Teaching Strategies: [Helping Young Children Rebound After a Natural Disaster](#). This website has a number of resources for talking to kids about hurricanes Katrina and Rita – but they’re just as relevant for Sandy. It includes PDF guides for infant and toddler teachers, as well as preschool teachers. (Recommended by Rachel Altmann of Portland, Oreg.)

The Red Cross: [Children and Their Response to Disaster](#). The website has tips for reducing fear and trauma in children. For example: “When you’re sure that danger has passed, concentrate on your child’s emotional needs by asking the child what’s uppermost in his or her mind. Having children participate in the family’s recovery activities will help them feel that their life will soon return to ‘normal.’ Your response during this time may have a lasting impact.” (Recommended by Cren Bedsworth of Nevada)

2NDFLOOR: A confidential and anonymous helpline for New Jersey’s youth and young adults ages 10 – 24. Phone number is 1-888-222-2228 or on the web at <http://2ndfloor.org/>.

PROVIDED BY:

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