

## **WHAT PARENTS CAN DO WHEN TRAGEDY STRIKES**

- Focus on your children. Watch for any unusual behavior or physical symptoms.
- Reassure them of your love and their safety.
- Make time to talk to monitor what they are thinking & feeling.
- Be a good listener.
- Stay physically close to your children. This will reassure them and allow you time to observe their behavior. Extra hugs and cuddling are in order.
- Limit the amount of television exposure re: the event. Instead, keep television viewing to family oriented or educational programming.
- Maintain daily routines but be flexible.
- Spend extra time with your children – reading, playing games – before bed.
- Protect their health - Make sure children are getting appropriate sleep, exercise, & nutrition.
- Provide a positive outlet of expression:
  - Examples:
    - prayer/place of worship
    - writing
    - drawing
- Find out what resources your school has available and what activities may be planned:
  - Example: collecting money or writing letters to the families/rescuers.

American Hospice Foundation  
2120 L Street, NW  
Suite 200  
Washington, DC 20037  
202-223-0204 Fax 202-223-0208  
[www.americanhospice.org](http://www.americanhospice.org)