



## Flood Support & Recovery

Being exposed to a natural disaster, either directly through lived experience or indirectly through the media, stirs up various feelings of sadness, depression, anxiety and frustration. How well young people cope, or manage any trauma, will depend on specific risk factors in existence before, during and after the event. It is vital to talk and listen to them to help them process their feelings. Parents and caregivers need to remain vigilant in monitoring their children during this time and check in with them regularly.

Start the conversation to enable understanding.

Empower confidence through these useful strategies.

1

Listen to your child's thoughts and feelings about the floods.

2

Create a safe environment for them to express themselves.

3

Respond honestly and age appropriately to their questions as often as required.

4

Offer ongoing reassurance to help build trust and increase your child's confidence.

5

Provide opportunities for them to talk about their feelings and experiences.

6

Provide play experiences to relieve tension using activities and games that are enjoyable.

7

Offer emotional support, including empathy, affection, and caring.

8

Encourage participation in normal activities as soon as possible.

9

Ensure your child is doing regular exercise, eating well, and getting enough sleep.

10

Seek support from your school, specialist services, or a GP if distress persists beyond 2-3 weeks.