



SIX WAYS TO HELP CHILDREN WORRIED ABOUT EARTHQUAKES

- 1 Retain routines. Do things you normally do (even if you're doing them in different places or ways).
- 2 Turn media off. Repetition of disaster scenes adds to anxiety.
- 3 Be calm and loving. Don't talk about adult worries with your children.
- 4 Keep normal disciplinary boundaries. The world is unpredictable enough without the rules changing.
- 5 Take notice of when your child needs support and reassure them. But don't overdo it... too much reassurance can create worry.
- 6 Let them talk about it, but don't let it take over, use distraction and play to get their minds off it.

Give yourself a break if you need one – looking after you is the best way to look after your children.

Remember it is all right to reach out for extra support. You are not alone. Just call the Earthquake Support Line **0800 777 846**.

For more information theworrybug.co.nz or allright.org.nz

all
right?

Maia
and the
Worry
Bug



Kōtuku Creative

