

10 Ways to Help Your Child Feel Safe During an Emergency

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Stay as calm as you can.

Children take their cues from you. Staying calm helps them feel safe.



Encourage them to share their feelings.

Let them know it's okay to feel scared, sad, or confused.



Tell them they're safe.

Simple, honest reassurance like, "We're together, and I'm doing everything I can to keep you safe," is often enough.



Remind them they are loved by many people.

Help them remember the family, friends, teachers, and community members who care about them.



Focus on today.

Children don't need every detail about what might happen next. Help them focus on what's happening now.



Keep adult conflict away from children.

Emergencies are stressful enough without exposing children to additional tension.



Let them make small choices.

Choosing a snack, book, or bedtime story helps children regain a sense of control.



Answer questions honestly.

Keep explanations simple and age-appropriate.



Limit exposure to news coverage.

Repeated images and conversations about disasters can increase anxiety.



Ask for help if you need it.

Teachers, counselors, healthcare providers, and trusted adults can all provide support.

Additional resources for parents navigating family change and supporting children are available at onlineparentingprograms.com.