

Hurricane Ida Recovery Tips for Parents and Caregivers

- *Experiencing a dangerous or violent storm can be especially traumatic for children and youth, and the devastation to the familiar environment can be long-lasting and distressing.*
- *Children look to the significant adults in their lives for guidance on how to manage their reactions after the immediate threat is over.*
- *Parents, teachers, and other caregivers can help children and youth cope in the aftermath of a natural disaster by remaining calm and reassuring children that they will be alright.*
 - ❖ *Remain calm and reassuring.*
 - ❖ *Acknowledge and normalize their feelings.*
 - ❖ *Encourage children to talk about disaster-related events.*
 - ❖ *Promote positive coping and problem-solving skills.*
 - ❖ *Emphasize children’s resiliency.*
 - ❖ *Strengthen children’s friendship and peer support.*
 - ❖ *Take care of your own needs and avoid using drugs or alcohol to feel better.*

Please visit the links below to find resources and helpful information to navigate this difficult time. We are stronger together and will pull through this with the support of one another.

[Behavioral Health Resources from LA Department of Health](#)

[Infographic: Helping children after natural disaster](#)

[My Hurricane Story Workbook](#)

Download App: [Help Kids Cope App](#)

[Managing Stress after Hurricanes](#)

[Managing Stress after Hurricanes \(Spanish\)](#)

[Video: Sesame Street Gets through a Storm](#)

[CDC Fact Sheet Helping Children Cope after Disaster](#)