

## After the earthquake

- ▶ Remember the importance of routine, especially during times of crisis. Keep regular mealtimes and bedtimes. Spend quiet time each night creating calm.
- ▶ Turn off the TV and radio when kids are around. You control the information they need to have and how it is presented.
- ▶ What children need to hear is that the adults around them will take care of and protect them.
- ▶ Try to stay as calm as possible around children. Children should see adults showing emotion, but it frightens them when their parents lose control.
- ▶ Children can be very resilient if they feel listened to, supported and cared for by parents, whānau and caregivers.

For more information go to [skip.org.nz](http://skip.org.nz)

Don't be afraid to seek help for yourself, your child or your whānau. These are unusual circumstances. It is normal not to have all the answers.

