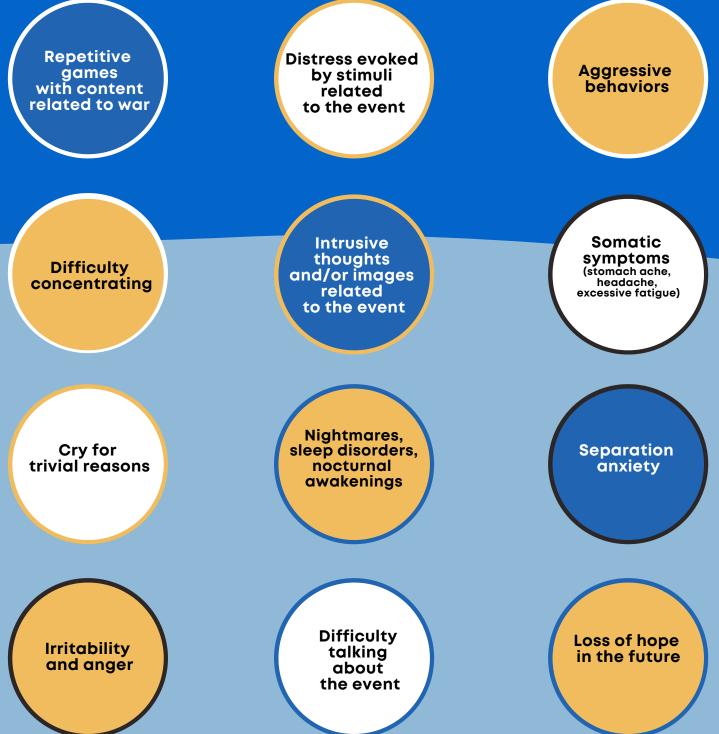


#### WHAT ARE THE REACTIONS IN CHILDREN AFTER A STRESSFUL EVENT





# ADULTS BEHAVIORS THAT CAN BE HELPFUL

## **OBSERVE THEIR BEHAVIORS**

Everything the children do not say they show: with behaviors, with play and with small somatic symptoms. Let's not judge them, let's explain to them that maybe they behave like this only out of fear.

## **ALLOW THEM TO ASK QUESTIONS**

We try to provide understandable answers for their age: let's give them words to organize events and help them express their emotions, their anxieties, their fears and even the sorrow they have towards those who are experiencing such a dramatic situation, let us feel entitled to tell them we don't have answers when we really do not have any.

If a child does not ask questions we can try to ask: "what do you think, what do you feel, what would you like to know, how do you feel, what do you know, did you talk about it at school? ".

It is a great way to show the child that she/he can ask us what is happening and find in us an attentive listener.

## LOOK FOR A WAY TO COMFORT THEM

There are no solutions for things that concern events greater than us, but there is something that always works:a hug, a caress or physical closeness. Say: "I understand, I feel this way too, I'm sorry too, I am too worried and sad about what's going on, but I can make sure the whole world is sensitive to what's happening and everyone are doing their best to make the world again a place to feel safe ".

