



AcornDreams® Blog Tips

Building Children's Skills for Life - Pointers from our Posts

From Blog Entry "Helping Children Cope With A Storm"

Research Summary

Big storms get a lot of news coverage before, during, and after they occur. Even when adults are careful, children often hear things and feel worried. Adult awareness and support can help children handle feeling nervous or scared, and get ready to cope with the storm.

Tips from this Post

Stay Calm.

Children take cues from adults. Even if you are worried, do what you can to prepare, and stay calm.

Be aware of the storm broadcasts.

Hyped up news reports may increase children's sense of alarm. Keep the volume low and engage children in other activities.

Tell children what might happen and that it's okay to feel scared.

Lights and power may go out and the wind may be loud. It helps children to know what to expect and that their feelings are okay.

Let children prepare, too.

Is there a flashlight just for them? Make a storm-time snack bag together. Choose stuffed animals and blankets for snuggling if the lights go out. When children have a plan of action, they feel less helpless.

Plan pleasant pastimes.

Art supplies, books, and favorite toys or a "special storm activity" – like making a fort out of blankets helps distract children from their worries.

To read the blog entry "Helping Children Cope with a Storm" visit the AcornDreams.com blog page.



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