

RESOURCES TO HELP CHILDREN EMOTIONALLY COPE IN THE AFTERMATH OF THE 2021 WINTER STORM DISASTER IN TEXAS

[NORMAL CHILD REACTIONS AFTER A DISASTER](#) (For ages 0-10 of age))/CDC Website

Immediately after a disaster, children and adolescents may have these common emotional and behavioral reactions:

- Ages 1 to 5: Disobedience, fear of being separated from caregiver, and difficulty sleeping.
- Ages 6 to 10: Disobedience, fear of returning to school, and difficulty concentrating on tasks.
- Ages 11 to 18: Rebellious behavior, antisocial behavior, and depression.

The winter storm has caused substantial harm to communities and families. After a disaster, children may have symptoms related to anxiety, depression, and PTSD. Many of these behaviors, though they are usually temporary, can be challenging for caregivers. First, normalize that your child may be acting out because of deeper reasons - even if they cannot express this to you. Then, take a breath, and try the tips listed here:



If possible, try to return to routines, especially during morning, bedtime, and meals.



Give your child opportunities to talk about what they went through. Encourage your child to share concerns and ask questions.



Limit exposure to media coverage of the disaster and aftermath.



Allow your child to be with you and help your child to feel safe and calm

Every child is different. If your child experiences any of the following, consider talking to your pediatrician or a children's therapist:

⚡ Your child continues to be very upset (anxious, fearful, sad, angry) for more than 2 to 4 weeks after the disaster

⚡ Your child's problems worsen instead of improve over time

⚡ Your child's reactions affect their schoolwork or relationships with friends or family for a prolonged period