

Disaster Recovery Triple P

Helping your family bounce back

After an emergency or extreme weather event, parents may be unsure how to best manage their child's or teenager's post-disaster emotions and/or signs of distress. Disaster Recovery Triple P is a variant of the well-known Triple P – Positive Parenting Program, and the following information may help.

How children and adolescents react after a disaster, is similar around the world. Problems include getting to sleep, having nightmares, and acting younger. Some parents report their children become hyper-alert for signs of danger and are more anxious, irritable or sad.

Key things to remember:

- Try to limit exposure to media coverage.
- Re-establish as many of your family's routine as possible.
- Children look to their parents for clues about how to react.
- If you feel anxious or upset, it's important not to burden your child with this. Get some help and support for yourself.
- Remind yourself and your child that you are all safe now, the crisis has passed and people are resilient.
- Listen to your child and accept their feelings. Allow them to express themselves. But set some limits if the disaster is becoming an almost-constant topic of conversation.
- Make sure your children know the family has a plan for future emergency events.
- While some children may need specific post trauma therapy, most children – and adults – will recover naturally, given time.

Extra help:

Contact Alberta Health Services Mental Health Help Line at 1-877-303-2642 or e-mail triplep@gov.ab.ca



www.triplep-parenting.ca

