

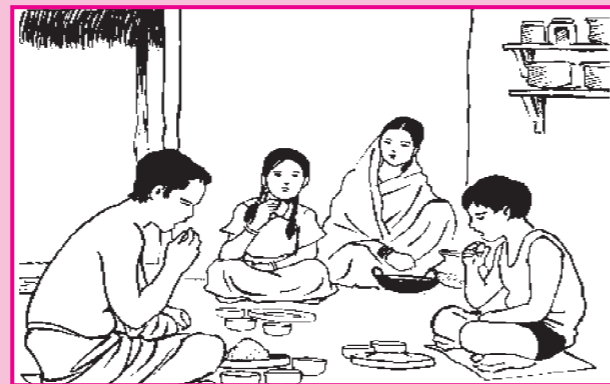
## ROLE OF CARE GIVERS FOR CHILDREN

When faced with a traumatic experience, children respond with behaviors which are not always pleasant for the care givers. Such behaviors reflect the children's coping mechanism and their need for more attention and help to cope up with the situation. Thus, they need extra care and assurance from the care givers.

The care givers should keep the following in mind while dealing with children :

- ☞ Recognize that the emotional reactions being exhibited by the child is not because the child is weak, but because the child is unable to cope.
- ☞ Reject the behavior and not the child.
- ☞ The care giver should accept the child and understand its pain.
- ☞ Emotional support and security should be provided at such junctures.
- ☞ Talking helps in reassuring the child.
- ☞ Spend more time with the child.
- ☞ The care giver should model healthy coping behavior.
- ☞ Normalize the child's life by getting it involved in routine tasks in daily life.

## PSYCHOSOCIAL SUPPORT FOR CHILDREN IN DISASTER



## CHILDREN'S EMOTIONAL REACTIONS

❖ Shock



❖ Crying



❖ Fear



❖ Clinging Behaviour



❖ Isolation



❖ Nightmares

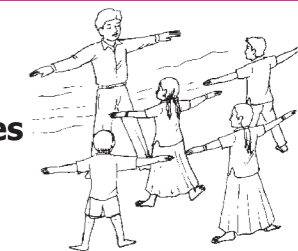


## TECHNIQUES TO HELP CHILDREN COPE

❖ Play Activities



❖ Physical Activities



❖ Activities to develop Understanding



❖ Activities for Psycho social Development and Competencies



❖ Activities to Develop Self Esteem



❖ Activities to Develop Mastery over Events



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