



**Your Child Will
Feel Better
Over Time**

**PARENTS PLAY A
CRITICAL ROLE
DURING AND
AFTER A CRISIS!**



Helplines

Agency and Contact

- 1a. Child Guidance Clinic (IMH)** Tel: 6389 2200
Buangkok Green Medical Park
10 Buangkok View
Block 3, Basement 1
Singapore 539747
- b. Child Guidance Clinic (HPB)** Tel: 6389 2200
Health Promotion Board Bldg
3 Second Hospital Avenue
#03-01
Singapore 168937
- 2. KK Women's & Children Hospital** Tel: 6294 4050
100 Bukit Timah Road
Singapore 229899
- 3. National University Hospital** Tel: 6772 2002
Neuroscience Clinic
Kent Ridge Wing, Level 4
Singapore 119074
- 4. Singapore General Hospital** Tel: 6321 4377
Department of Psychiatry
Outram Road
Block 3, Basement 1
Singapore 169608
- 5. Tan Tock Seng Hospital** Tel: 6357 7000
Psychological Medicine Dept
11 Jalan Tan Tock Seng
Singapore 308433

Information is accurate as at 9 March 2018



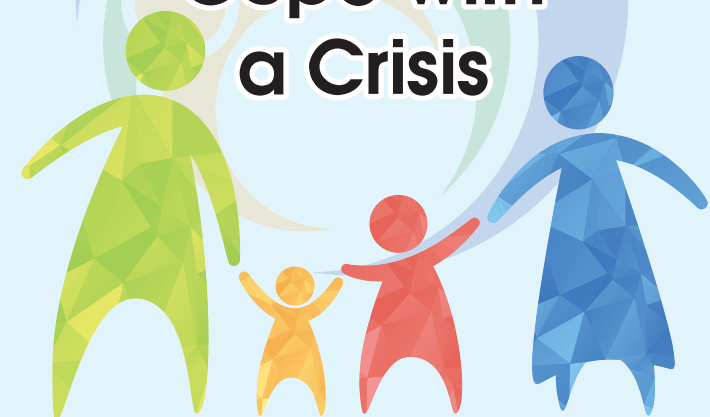
Ministry of Education
SINGAPORE



CARE

**Caring
Actions in
Response to an
Emergency**

Helping Your Child Cope with a Crisis



TIPS for Parents

Children need the love and support of their parents to cope and find some closure to the crisis. The following are tips on how you can support your child cope with the situation:



Make time to listen to your child and answer their questions.



Allow your child to express his/her thoughts and feelings.



Assure your child that you are there for him/her.



Continue with normal daily tasks and activities.



Know that the changes in their behaviours may be possible reactions to the incident.



Keep in touch with your child's teacher(s) to monitor his/her progress in school.



Contact the School Counsellor if he/she continues to feel overwhelmed and distressed.



Be aware of your own past experience that may trigger some discomfited feelings in you again.



MOST CHILDREN WILL RECOVER FROM A CRISIS WITH SUPPORT FROM FAMILY, FRIENDS AND SCHOOL.

Definition of a Crisis

A crisis is an event that causes normally stable and healthy people to experience strong psychological and emotional reactions. These are normal reactions in an abnormal situation and may affect the morale and functioning of individuals and disrupt their daily lives.

Examples of Crises:



Death

(sudden and/or unnatural e.g. suicide, murder)



Natural disasters

(floods, earthquakes, hurricanes, tsunamis)



Man-made disasters

(acts of terror, wars, international conflicts)



Health disasters

(spread of diseases, biological agents)

**A CRISIS CAN HAPPEN TO ANYONE, ANYWHERE, ANYTIME
BE PREPARED**



Possible Reactions

Children may show their feelings in actions or behaviours rather than words. Reactions may vary and they change as the child grows older. Common reactions include:



Emotional reactions such as sadness, anger, fear, guilt, anxiety, shame, numbness and being easily upset.



Behavioural changes such as increased aggression, changes in appetite, having nightmares, changes in sleep patterns/activity levels, demands for attention and exhibiting misbehaviours, even refusal to attend school that are not typical for the child.



Interpersonal difficulties such as staying away from family and friends, becoming clingy and demanding of attention.



Changes in thinking, including repetitive disturbing thoughts and continual worry over the incident, loss of concentration and decline in academic performance.



Physical complaints such as tiredness, stomach aches, headaches and dizziness for which a physical cause cannot be found.



IT IS IMPORTANT THAT YOUR CHILD KNOWS THAT YOU ARE THERE TO SUPPORT HIM/HER IN COPING WITH THE INCIDENT.