

# Kuwasaidia Watoto Kukabiliana na Athari

## Zinazotokana na Maafa

Maafa yanaweza kuwaacha watoto na vijana katika hali ya hofu, kuchanganyikiwa na kukosa usalama. Mwitikio wao unaweza kutofautiana pia. Ni muhimu si tu kuzingatia athari hizi, lakini pia kuwasaidia watoto kukabiliana na hisia zao.



Zungumza kuhusu maafa na watoto wako. Anza kwa kuwauliza kuhusu uelewa wao kutokana na kilichotokea.

Sikiliza hali ya kutokuelewana inayoweza kuwepo pamoja na hofu na (au) wasiwasi. Toa kwanza ufafanuzi wa hali ya kutoelewana kisha ushughulikie hofu na (au) wasiwasi wowote unaoweza kuwepo.



Wahimize watoto wako waulize maswali na uyajibu papo hapo. Kama watu wazima, watoto wanaweza kustahimili hali mbaya zaidi ikiwa wanahisi wanaielewa.



Zingatia kuweka wazi hisia zako kuhusu mgogoro kwa watoto wako. Hii ni nafasi yako kuwa mfano wa kuigwa kuhusu namna ya kukabiliana na jinsi ya kupanga mipango ya baadaye. Hakikisha kuwa unatoa mtazamo chanya au mpango wenye matumaini.



Wahakikishie watoto kuhusu hatua zinazochukuliwa ili kuwafanya wawe salama. Maafa na migogoro mingine inatukumbusha kuwa hatuko salama kabisa dhidi ya hatari. Wahakikishie watoto wanapaswa kujisikia salama katika shule, nyumba na jumuiya zao.

## Vidokezo kuhusu Kuwasaidia Watoto Kukabiliana na Athari za Maafa

Vinafafanua, kwa urahisi na moja kwa moja iwezekanavyo, kile kinachotokea au kinachowezekeka kutokana. Kiwango cha maelezo ambacho kitawafaa watoto kinategemea umri wao na hatua za ukuaji wao, pamoja na uwezo wao wa kukabiliana na hali. Kwa mfano, watoto wenye umri mkubwa wanataka na watafaidika kutokana na maelezo ya kina zaidi ukilinganisha na watoto wadogo. Kwa sababu watoto wanatofautiana, zingatia vidokezo kulingana na umri wa watoto wako ili ujue kiwango cha maelezo ya kutoa.

Zuia maudhui ya maafa na matukio mengine ya migogoro, hasa kwa watoto wenye umri mdogo. Zingatia utangazaji wa maudhui kwenye vyanzo vyote, ikiwa ni pamoja na televisheni, intaneti na mitandao ya kijamii. Watoto wenye umri mkubwa wanapotazama televisheni, jaribu kutazama nao pamoja na utumie nafasi hiyo kujadiliana nao kuhusu maudhui yanayoonyeshwa na jinsi yanavyowafanya mjihihi.

Wasaidie watoto wako kutambua vitendo muhimu wanavyoweza kufanya ili waweze kuwasaidia wale walioathiriwa na matukio ya hivi karibuni. Badala ya kufikiria kile ambacho kingewezwa kufanywa, zingatia kile kinachoweza kufanywa hivi sasa ili kuwasaidia wale walioathiriwa na tukio hilo.

Ikiwa unahitaji usaidizi, piga simu au tume ujumbe kwa Nambari ya Dharura ya Kushughulikia Wasiwasi Unaotokana na Maafa (Disaster Distress Hotline): 1-800-985-5990, au piga simu au utume ujumbe 988 ili uwasiliane na Suicide na Crisis Lifeline.



# FEMA

Swahili

# Helping Children Cope

## *Following a Disaster*

Disasters can leave children and teens feeling frightened, confused and insecure. Their responses can be quite varied. It's important to not only recognize these reactions, but also help children cope with their emotions.



Talk about the storm with your child(ren). Start by asking about their understanding of what has occurred.

Listen for any misunderstandings that might be present along with underlying fears and/or concerns. Address misunderstandings first and then address any fears and/or concerns that might be present.



Encourage your children to ask questions and answer those questions directly. Like adults, children are better able to cope with a crisis if they feel they understand it.



Consider sharing your feelings about the crisis with your children. This is an opportunity for you to serve as a role model about how to cope and how to plan for the future. Be sure you can express a positive or hopeful plan.



Reassure children of the steps being taken to keep them safe. Disasters and other crises remind us we are never completely safe from harm. Reassure children they should feel safe in their schools, homes, and communities.

## Tips on Helping Children Cope

Explain - as simply and directly as possible - what is happening or likely to happen. The amount of information that will be helpful to children depends on their age and developmental level, as well as their coping style. For example, older children generally want, and will benefit from, more detailed information than younger children. Because every child is different, take cues from your own children as to how much information to provide.

Limit media of disasters and other crisis events, especially for younger children. Consider coverage on all media, including television, the internet and social media. When older children watch television, try to watch with them and use the opportunity to discuss what is being seen and how it makes you and your children feel.

Help your children identify concrete actions they can take to help those affected by recent events. Rather than focus on what could have been done, concentrate on what can be done now to help those affected by the event.

If you need help, call or text the Disaster Distress Hotline: 1-800-985-5990, or call or text 988 to reach the Suicide & Crisis Lifeline.



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