

When to seek further help.

Children respond differently when a critical incident happens.

Many parents worry about their children and they sometimes feel they should seek professional help immediately after a death or event.

Intervening too early may disrupt these normal coping skills but sometimes specialised help is necessary. If, after 4—6 weeks, your child is experiencing any of the difficulties described, do seek further help.

Your child's school will provide information on what other help is available or you may wish to arrange an appointment with your child's GP in the first instance.



Here are some signs which might mean your child may need additional help and support

They cannot handle the intensity of their feelings or reactions

Their normal ways of coping are not working for them

Moving on with life is taking longer than you would expect

If there is no one they can talk to about how they are feeling

If you or someone you know is in need of immediate help or support please contact

Lifeline 0808 808 8000

For Further helpline support see the QR link

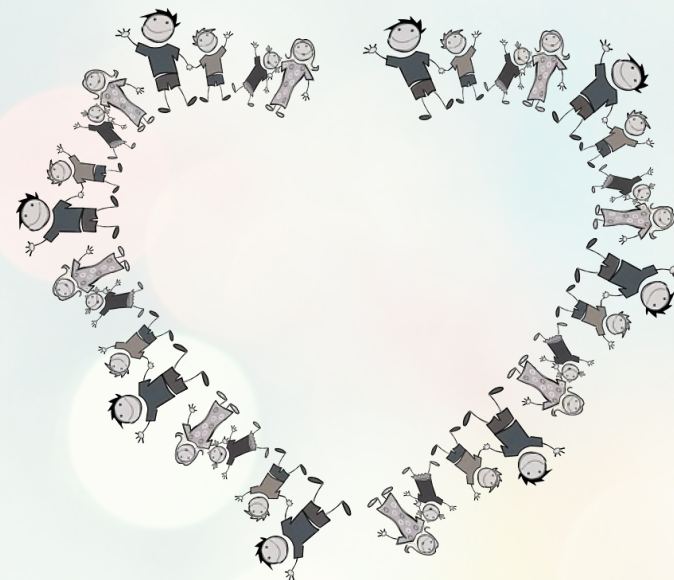
Using the QR code – with a smartphone

Open the Camera from home screen and place the QR cube in the viewfinder and tap the notification.

If this doesn't work then download a free QR reader app and follow the instructions.



When a Critical Incident Happens



What Parents and Carers can do to help their Children & Young People.



Everyone's experience of a critical incident can differ. This leaflet may help you as a parent/carer to understand your child's reaction in similar situations.



It will also show you how you can help normal healing to happen.

This will take time.

Normal feelings and emotions in response to traumatic events may include:

- Shock, denial, sadness, crying, anger, fear, guilt, despair and anxiety or appearing not to be feeling anything at all.

Your child may also feel tired, lack concentration, be unable to sleep or eat and may experience other physical symptoms, such as nausea, headaches, feeling cold and/or loss of appetite.

The event may trigger memories of other losses in your child's life.

Your child may display avoidance behaviour by keeping busy or appearing reluctant to talk about what has happened.

With the understanding and support of loved ones, these reactions usually pass more quickly. However, it is important to accept that things just can't be made better in a short space of time.

Things you can do to help!

Listen to your child

Be aware of short term mood swings

Talk to your child using words and language he/she will understand

Answer any questions honestly and simply and remember it is OK to say - "I don't know"

Other things that may help your child! Encourage them to....

Try a relaxation activity such as deep breathing

Take some exercise

Listen to music

Take part in an activity with friends/family

Identify who can support them eg friends, family, school, community

Talk to someone you trust

Contact other support services
(see links from further help page)

Here is a QR link to a super simple breathing technique called starfish or 5 finger breathing.

Why not try this with your child!



remember....

Behind every young child who believes in themselves is a parent/carer who believed first!

Matthew Jacobson