Helping Children Cope with Disaster

Disasters may strike quickly and without warning.

These events can be frightening for adults, but they are traumatic for children if they don't know what to do.

During a disaster, your family may have to leave your home and daily routine.

Children may become anxious, confused, or frightened.

As an adult, you'll need to cope with the disaster in a way that will help children avoid developing a permanent sense of loss.

It is important to give children guidance that will help them reduce their fears.

The American Red Cross provides this information to help you help your children cope.

Ultimately, you should decide what's best for your children, but consider using these suggestions as guidelines.

Children and Their Response to Disaster
Children depend on daily routines: They wake up, eat breakfast, go to school, play with friends.
When emergencies or disasters interrupt this routine, children may become anxious.

In a disaster, they'll look to you and other adults for help.

How you react to an emergency gives them clues on how to act.

If you react with alarm, a child may become more scared.

They see our fear as proof that the danger is real.

If you seem overcome with a sense of loss, a child may feel their losses more strongly.

Children's fears also may stem from their imagination, and you should take these feelings seriously.

A child who feels afraid is afraid.

Your words and actions can provide reassurance.

When talking with your child, be sure to present a realistic picture that is both honest and manageable.

Feelings of fear are healthy and natural for adults and children.
But as an adult, you need to keep control of the situation.

When you're sure that danger has passed, concentrate on your child's emotional needs by asking the child what's uppermost in his or her mind.

Having children participate in the family's recovery activities will help them feel that their life will return to "normal."

Your response during this time may have a lasting impact.

Be aware that after a disaster, children are most afraid that---

the event will happen again.

Someone will be injured or killed.

They will be separated from the family.

They will be left alone.

Advice to Parents: Prepare for Disaster You can create a Family Disaster Plan by taking four simple steps.

➤恐怖の感情は、大人にとっても子供にとっても健全で、ごく自然なことです。

➤ところが、あなたは大人として、状況の抑製を保たねばなりません。

➤危険が過ぎ去ったのを確認した後、子供の感情的な要求に応じるべく、その子の一番の関心事について尋ねたりする事に集中しましょう。

➤家族復帰作業に子供を参加させる事は、回復の兆し感じさせるのに貢献します。

➤この時期、あなたの対応が永続的な影響を与えるかもしれません。

➤災害の後の子供は次の事柄を最も恐れているところを念頭に置きましょう。

➤同じような事が再び起こるのでしょうか。

➤だれかがけがを负ったり、死んでもしょうのでしょうか。

➤家族から引き離されるのでしょうか。

➤独りぼっちになってしまうのでしょうか。

➤親への助言：家族の災害への対策は次の4つ簡単なことで準備する事が出来ます。
First learn what hazards exist in your community and how to prepare for each.
➢まず最初に住んでいる地域に、どのような災害の恐れがあるのか、またどの様に対策が立てられるか調査します。

Then meet with your family to discuss what you would do, as a group, in each situation.
➢次に家族全体で何をするべきか、状況別に話し合いましょう。

Next, take steps to prepare your family for disaster such as: posting emergency phone numbers, selecting an out-of-state family contact, assembling disaster supplies kits for each member of your household and; installing smoke detectors on each level of your home.
➢その後、緊急電話番号を書いて貼ったり、州外に家族の連絡先を選択したり、家族めいめいに緊急被害時の物資セットを用意したり、煙探知器を各階に取り付けたりします。

Finally, practice your Family Disaster Plan so that everyone will remember what to do when a disaster does occur.
➢最後に全員で訓練をして、災害が発生したとき、どうすれば良いか覚えておく様にします。

Develop and practice a Family Disaster Plan.
➢家族の災害対策を更に綿密に考え、訓練しましょう。

Contact your local emergency management or civil defense office, or your local Red Cross chapter for materials that describe how your family can create a disaster plan.
➢あなた地域の緊急事態管理局、民間防衛局、または、赤十字支部に災害対策準備に関する資料を請求しましょう。

Everyone in the household, including children, should play a part in the family’s response and recovery efforts.
➢子供を含む家族全員で、対応や復帰への努力に役割を果たすべきでしょう。

Teach your child how to recognize danger signals.
➢どの様に危険の合図を認識するか、子供に教えましょう。

Make sure your child knows what smoke detectors, fire alarms and local community warning systems (horns, sirens) sound like.
Explain how to call for help.

Teach your child how and when to call for help.

Check the telephone directory for local emergency phone numbers and post these phone numbers by all telephones.

If you live in a 9-1-1 service area, tell your child to call 9-1-1.

Help your child memorize important family information.

Children should memorize their family name, address and phone number.

They should also know where to meet in case of an emergency.

Some children may not be old enough to memorize the information.

They could carry a small index card that lists emergency information to give to an adult or babysitter.

Teaching Your Children How to Call For Help.
電話で助を求める方法を子供に教えます。
Teach your child how and when to call for help.
いつ、どの様に、助けを電話で呼ぶかを子供に教えましょう。

They should call 9-1-1 if you live in a 9-1-1 service area.
緊急電話番号の9-1-1がかかる地域に住んでいるなら、911にかけるべきです。

If not, check the telephone directory for local emergency numbers.
もしпродажなければ、電話帳で緊急電話番号を調べてください。

Even very young children can be taught how and when to call for emergency assistance.
かなり小さな子供にも、いつ、どの様に緊急電話をかけて良いかを教えられる事が出来るのです。

After the Disaster: Time for Recovery Immediately after the disaster, try to reduce your child’s fear and anxiety.
災害起きた後で：災害が起こってしまったら、その後すぐに子供の恐怖心と心配心を和らげる様に動めましょう。

Keep the family together.
家族一緒にいましょう。

While you look for housing and assistance, you may want to leave your children with relatives or friends.
あなたが仮設住宅や支援を捜す間、子供を親類や友人に預けたいと望むかもしれません。

Instead, keep the family together as much as possible and make children a part of what you are doing to get the family back on its feet.
しかし、むしろできる限り家族は一緒に留まり、復帰作業に子供も参加させましょう。

Children get anxious, and they’ll worry that their parents won’t return.
子供は不安のあまり親が戻らなかったとも心配するものです。

Calmly and firmly explain the situation.
冷静にそして確固たる姿勢で、状況を説明しましょう。
As best as you can, tell children what you know about the disaster.
⇒できる限りうまく、災害について知っている事を子供に伝えましょう。

Explain what will happen next.
⇒次に何が起こるかも説明しましょう。

For example, say, "Tonight, we will all stay together in the shelter."
⇒例えば、「今夜皆一緒に避難所で過ごすのですよ。」と言えます。

Get down to the child's eye level and talk to him or her.
⇒子供の目の高さまで下がって話をしましょう。

Encourage children to talk.
⇒子供にも話す様に励ましましょう。

Let children talk about the disaster and ask questions as much as they want.
⇒子供に災害について話させ、いくらでも質問させましょう。

Encourage children to describe what they're feeling.
⇒子供が何を感じているか、気持ちを訴える事に手助けしましょう。

Listen to what they say.
⇒子供の話しに耳を傾けてください。

If possible, include the entire family in the discussion.
⇒もしできれば、家族全体で話し合いを持ちましょう。

Include children in recovery activities.
⇒子供も復帰作業の仲間に入れましょう。

Give children chores that are their responsibility.
⇒子供にも義務を与え、雑用を手伝わせましょう。

This will help children feel they are part of the recovery.
⇒そうする事によって、子供は復帰への一途に参加していると思えるでしょう。
Having a task will help them understand that everything will be all right.

You can help children cope by understanding what causes their anxieties and fears.

Reassure them with firmness and love.

Your children will realize that life will eventually return to normal.

If a child does not respond to the above suggestions, seek help from a mental health specialist or a member of the clergy.

General Disaster Preparedness Information

"Your Family Disaster Plan" (ARC 4466) "Your Family Disaster Supplies Kit" (ARC 4463)

General Disaster Preparedness Materials for Children

"Disaster Preparedness Coloring Book" (ARC 2200, English, or ARC 2200S, Spanish) for use by children 3-10.

"Adventures of the Disaster Dudes" (ARC 5024) video and Presenter's Guide for use by an adult with children in grades 4-6.
To get copies of American Red Cross Community Disaster Education materials, contact your local Red Cross chapter.

災害教育に関する資料は、米国赤十字支部にご請求ください。

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