

In a disaster like this, it is normal for children to be distressed. You may notice that your children are having nightmares or trouble sleeping, or that they have become withdrawn, fearful, or aggressive. They may complain that they have pains like stomach aches, headaches, nausea and fatigue even though it seems like nothing is causing it.

These are all common, temporary reactions to the terrible event they have lived through. Here are some ways in which you can help your children to recover:

- Listen to them when they want to speak about the Typhoon, even if it may be painful. acknowledge their distress and fears.
- Take time to comfort them and give them affection, even though you are busy providing for their other needs.
- Reassure them that they are safe now.
- Use simple strategies to comfort and calm your children, such as hugging them, telling stories, praying with them, and playing simple games.
- Praise them for their strengths, such as showing courage, compassion and helpfulness.
- Teach them about typhoons, and about what they can do to stay safe now and in the future. Children may fear further storms, so talking about, deciding on and practicing a family preparedness plan can help increase their sense of safety.
- Encourage your children to help you in what you need to do in a safe way.
- Seek help from a teacher, social worker, or health worker if your child is suffering very severe problems.

Here are some other important things you should do to make sure that your children stay safe now:

1. Make sure that children know their real name (not just nickname and pet names), where they are from (village or address) and age / date of birth – this will help them to find you if you are separated for any reason.
2. Stay together as much as possible – do not leave children unsupervised and if you have to move do so as a group.
3. Try to stay with your younger children all the time, and stay close to very young children and girls especially when sleeping.
4. Identify a meeting point (such as a church or other prominent place) in case of separation – this is especially important if moving into a new place. Make sure this is a place you all know and feel comfortable with.
5. Do not leave children to look after younger children for long periods.
6. Make sure there is always a trusted adult to take care of children while caregivers are out (never entrust children to unknown people; rather organize groups of families to take care of their children).

7. Do not allow your children to be taken outside of your sight by other people, even to access assistance, or to orphanages or children's shelters. Beware of people offering to take care of your child or offering jobs in the city – their intentions may not be good.
8. Do not allow young children out of your sight to play with friends unsupervised, or to wander the streets – if they are curious to see the new people and things happening around them, go with them yourself to look . Likewise, ensure that older children are not away for long.
9. Explain to your children that they must not go near dead bodies or polluted water, as there is a risk of disease. Likewise children should not go near rubbish, rubble or damaged buildings as these are unsafe – and children should never work in these areas or in any unsafe area such as on a road.
10. Report to the authorities or UNICEF if you are taking of a child who is not yours.
11. If you find a "lost" child If you find a child who seems to be lost, ask the child where their family is. Ask people in the near vicinity for information. Only remove the child from the location where he/she is found if you have concerns for their safety or you have confirmed that they really do not have anyone to care for them. Make a note of where you found them and any information they can give you on their family, and notify UNICEF or the authorities.