1. Reassure your child (honestly).
   - “You are safe”
   - “You will be protected”
   - “Your safety is the most important thing to me”

2. Give your child messages of realistic hope.

3. Keep familiar routines when possible (family, school, church, etc.).

4. Give information about the event.
   - Monitor the information your children receive from TV and the Internet.
   - Discuss information they have received from the media, as well as what they have seen on the street.

5. Observe your child’s behavior.
   - Provide information appropriate to your child’s interest in the event and his/her ability to cope.

6. Encourage children to express their feelings through words and play.

7. Your child may be confused about the event.

8. Children in denial may still be upset about the event.

9. Young children are vulnerable; however, they are also resilient when supported by adults.

10. The best predictor of children’s mental health after a trauma is the ability of the adults to cope and prove support.