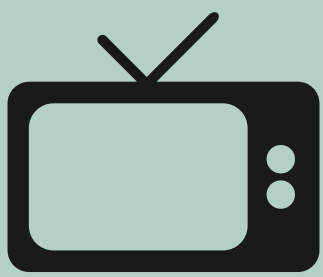


HOW TO HELP YOUR CHILD MANAGE STORM FEARS



DON'T WATCH WEATHER COVERAGE WITH YOUR CHILD

News coverage of weather events is often scary because they tend to show the very worst parts of storms. Information about big storms headed our way is best coming from you.



EDUCATE THEM ABOUT THE WEATHER

Inform kids about how weather works and what occurs in our atmosphere to create things like thunder and lightening. Removing the mystery and clearing up their misconceptions can help make it less scary.



REPLACE SCARY MEMORIES WITH POSITIVE ONES

If your child had a scary experience during Harvey, they may relate all storms with that scary experience. Try turning stormy nights into family game or movie night, which will help give storms a more positive association.



PRACTICE GROUNDING

If your child becomes panicky during storms, help them to "ground" themselves in the present moment. A common grounding exercise is to help your child notice 5 things with each of their 5 senses. Ask them to notice 5 things they can see, smell, hear, touch, and taste.



TALK ABOUT FEAR

Talk to your child about their fears when they, and the weather, are in a calm state. Remind them that their fear is a common one, but that you want to help them deal with their fear so they don't have to continue to be afraid.



ACKNOWLEDGE FEELINGS WITHOUT OVERREACTING

When your child gets anxious or fearful about a storm, acknowledge their fears by saying "I can see you're feeling really scared of the weather right now". It's important to remain calm and not to overcomfort.



REMIND THEM THAT THEY ARE SAFE

Talk to your child about the safety measures you have in place in case of bad weather and that you will keep them safe.