

July & August Newsletter

Parent Tips for Helping Children

Impacted by Wildfires

Who is your support in times of crisis?

Were you evacuated?

Where did you go?

**WHAT WOULD YOU
DO DIFFERENTLY IF
IT HAPPENS AGAIN?**

**Has your children's behavior
changed?**

What are they saying?

HOW CAN FAMILIES
SUPPORT ONE AN-
OTHER IF THERE IS
NO ONE ELSE?

Tips for conversation:

- Younger children may have disrupted sleep, nightmares, bed wetting or return to former behavior like thumb sucking
- School aged children may have confusion about what happened, fears of recurrence of the event, they may also have disrupted sleep patterns
- Adolescents may show detachment, self-conscienceless about their fears or acting out behavior

It is important to talk with your loved ones about what they are feeling and be brief but honest.

Provide reassurance that they are safe and even if they have to leave that they will remain safe

Information and more can be found at The National Child Traumatic Stress

Network. "Age Related Reactions to a traumatic event"<https://www.nctsn.org/resources/age-related-reactions-traumatic-event>, "Parent Guidelines for Helping Children Impacted by Wildfires"<https://www.nctsn.org/resources/parent-guidelines-helping-children-impacted-wildfires> and Psychological First Aid article Parent tips for Helping Pre-school, School aged and Adolescents after Disastershttp://www.bu.edu/card/files/2013/04/appendix_tips_for_parents_with_preschool_children.pdf

Support Group Meetings



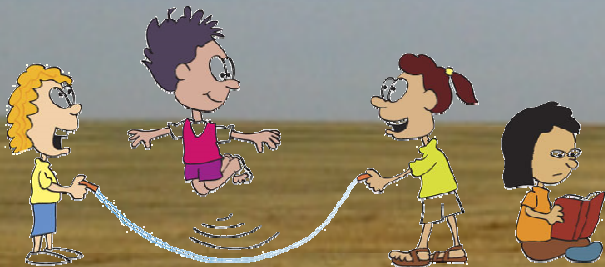
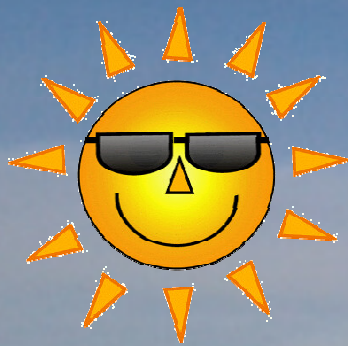
Fort Vermilion & area: July 17 & August 21, 2019 at the Parent Link Centre in Fort Vermilion. Lunch provided from 12:00-2:00pm

La Crete & area: July 24 & August 28, 2019 at the Pine Centre lunch provided from 12:00-2:00pm

High Level & area: August 7, 2019 offered lunch from 12:00-2:00pm & evening from 7:00-9:00pm at the High Level FASD office-buzz 08 to come up

Chateh & area: August 14, 2019 lunch from 12:00-2:00pm at the Chateh Health Centre

Please be advised that caregivers may attend other support groups if they would feel more comfortable. That is why we provide dates, times and locations:) Area includes all that reside in the Mackenzie Region



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