

Disaster Recovery Triple P

Dealing with the next storm or fire season

After a disaster event, particularly as the anniversary approaches and the same seasonal weather comes around, children (and even parents) can feel anxious or distressed, especially if they have experienced a severe event. Disaster Recovery Triple P is a variant of the well-known Triple P - Positive Parenting Program.

Key things to remember:

- Learning to cope with strong emotions including fear and distress is a skill which can be learned and developed over time.
- Encourage a sense of being calm and prepared.
- Involve children in a family meeting to discuss and lay out your family's plan to deal with events. Keep the emphasis on a positive, capable outlook.
- Monitor your child's exposure to media reports.
- Maintain family routines.
- Help your child understand and accept their feelings.
- Model ways to deal with strong emotions (such as deep breathing and staying calm.)
- Encourage realistic thinking rather than "imagining the worst".
- Listen to your child and accept their feelings. Encourage them to deal with feelings and let them pass. Remind them of times when they have done this in the past.
- Get more specific help if needed.

Extra help:

Contact Alberta Health Services
Mental Health Help Line at 1-877-303-2642
or e-mail triplep@gov.ab.ca



www.triplep-parenting.ca

