

## WHAT MAY HELP YOU

YOU ARE IMPORTANT TOO.

### SUPPORT

It can be a relief to receive other people's support. Talk to your partner, family and friends about what happened. At other times you may need to be alone and that's ok too.

### EXPRESS YOUR FEELINGS

You might feel overwhelmed and all mixed up. Try not to be afraid of your feelings. It is ok to cry and deal with things in your own time.

- \* Write down how you feel.
- \* Shake it off. Movement helps with feelings.
- \* Try walking and talking with someone you trust.
- \* Be extra kind to yourself at this time.

Who is going to support you best through this time?

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## Important Contact Numbers



Help is available. You are not alone.

Talk to someone in your family

or to a friend

Talk to your doctor



ParentLine (01) 8733500

TeenLine Ireland 1800 833 634

Teen Counselling (01) 8360011

Oasis (01) 8364524

Jigsaw (01) 6583070 & jigsaw.ie

Samaritans 116123

Pieta House 1800 247 247



Larkin Community College  
Coláiste Pobail Lorcáin



## Parent Support

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WHEN SOMETHING  
BIG HAPPENS



**CDET B**  
An Bord Oideachais agus Oiliúna Chathair Bhoile Atha Cliath  
City of Dublin Education and Training Board

City of Dublin ETB  
**Psychological**  
SERVICE



i'm lost...



Something big has happened, it is important for you or your child to know that you may feel shocked, confused, lost, upset or you may feel all or some of these reactions and this is normal. You don't need to be afraid or ashamed of your feelings.

### Remember to...

1. **Model Calm** & help them to feel calm. Children take their emotional cues from the adults in their lives.

2. **Reassure your child that they are safe** (if this is true) and that those that they love are safe. Tell them :

- ◆ that things will get better.
- ◆ You are there for them
- ◆ They can ask questions anytime
- ◆ They are safe and there are people who really care about them
- ◆ Name the positives

3. **Maintain a normal routine.**

Let them know that it's ok to feel upset.

4. **Let them talk it out.** Start the conversation.

5. **Listen and reassure.**



6. **Be honest and stick to the facts.** Children's fears and fantasies are sometimes disturbing so facts prevent them from even greater distress.

7. **Help them to understand what has happened.** This will be different depending on the age of your child.

Stay close to them. Be available physically and emotionally.

8. **Spend Extra time** eating, playing, hugging together is important at this time.

9. **Do something meaningful together.** Write a letter to those most affected; raise money for charity; thank those who helped you and your community...

10. **Keep an eye on their social media activity.** Ask where they are getting their information. Don't allow them to feed their fears and upsets. Try to get a balance between talking about what happened and not overdoing it.

11. **Avoid stress** and do calming things.

12. **Monitor your own stress levels and mind yourself.**



**Remember... We can get through this time if we allow these feelings to come out. Crying can give relief.**

### COMMON REACTIONS

- \* Tiredness or unable to sleep.
- \* Being jumpy and looking and on the lookout for danger
- \* Bad dreams/ nightmares or flashbacks are normal and will decrease over time.
- \* Fuzziness of the mind including loss of memory and concentration
- \* Dizziness, sweating, loss of appetite
- \* Palpitations—heart racing or fluttering
- \* Shakes
- \* Difficulty breathing
- \* Choking in the throat and chest
- \* Feeling sick in your tummy or diarrhoea
- \* Muscular tension which may lead to pain (e.g. headaches, neck and backache)
- \* Numbness—your mind is trying to take in the events
- \* Anger outbursts and snapping
- \* Feeling tense and uptight
- \* Feelings of dread
- \* Heartache
- \* Avoidance is to be expected in the early aftermath.

**REMEMBER...** *You are normal and you are having normal reactions to a difficult experience or event. It is the situation that is strange, not you. Be encouraged, you will get through this.*