



CYCLONE ALFRED

6 positive parenting tips
to help kids cope >>

A man with a beard and a young girl are looking out a window. The man is on the left, leaning in, and the girl is on the right, looking out. They are both smiling. The background is a bright window with white curtains.

Talk about it

Have open and honest conversations. Encourage realistic thinking rather than "imagining the worst". Talk about what might happen and include kids in some simple preparation tasks. >>

Model calm

Kids will follow our energy, so make some time for your emotions, like practising deep breathing - whatever works for you.

Let them know it's normal to feel stressed, and that you're in this together. >>

A man with a beard and a young boy are sitting on a couch, looking at each other and smiling. The man is on the left, wearing a grey hoodie, and the boy is on the right, wearing a yellow hoodie. They are both looking towards the center of the frame. The background is a blurred indoor setting with a window and some furniture.

Pause and listen

When your kids come to you, listen to their worries. Encourage them to acknowledge their feelings and let them pass. This can help build their emotional resilience. >>

An aerial photograph of a residential neighborhood that has been completely inundated with floodwater. The water is a murky brown color, reaching the roofs of several houses. The houses have various roof colors, including red, blue, and green. Some trees and vegetation are visible above the water level. A few vehicles are partially submerged in the water. The overall scene depicts a severe natural disaster.

Tap into your network

Make a list of family members, friends, and emergency help lines you and your children can call if they are feeling overwhelmed or anxious, such as Kids Helpline, 1800 551 800 or Lifeline 13 11 14. >>

A young girl with blonde hair is lying in bed, wearing a pink and blue striped shirt. She is holding a light brown teddy bear and looking up at a person whose face is partially visible in the foreground. The person is holding an open book, and the girl is looking at the pages. The scene is dimly lit, suggesting a bedtime story.

Be mindful

Be aware of the impact news and media coverage can have on children. Encourage breaks from screens and spend time together when you can. >>

A photograph of a dark wood floor with a large, clear puddle. The puddle reflects a window with a white frame and a white wall. The window looks out onto green foliage. The text is overlaid on the lower half of the image.

Celebrate bouncebacks

When you notice your kids being helpful and kind, let them know you appreciate it: You were brave to tell me how you're feeling; It's great to see you helping your sister; I love that you found a different activity. >>

What's in your parenting toolbox?

Look at the strategies you already have to help guide you through this. Think of programs or organisations where you can access parenting support. Fear-Less Triple P Online is free and full of coping strategies so you can help anxious kids cope.

triplep-parenting.net.au

