

Helping children feel safe again

Living through an earthquake and the aftershocks is extremely stressful for everyone – especially for children!

We want parents and caregivers to know that we care and we are here to help in any way that we can.

Written by John Cowan from Parents Inc. and Youth Therapist, Steve Taylor, the information in this booklet provides tips for parents and caregivers to help children through this time.

Remember that there is no ‘timetable’ to recovery from an event like this but if your child’s behaviour or emotions seem to continue, then consult your doctor, counsellor or psychologist. The following is a list of numbers that might also be useful.

[Lifeline](#)

0800 111 777

[Youthline](#)

0800 376 633

[Kidsline](#)

0800 543 754

[Parents Helpline](#)

0800 4 727 368

[Healthline](#)

0800 611 116

[What's Up](#) (Barnardos for children – midday to midnight)

0800 942 8787

The information in this booklet has been provided by Parents Inc. and distributed with the help of World Vision New Zealand and the Salvation Army. Funding for the production of the booklet was provided by World Vision Australia.