

# ECHO Script

*Emergency and Community Health Outreach*



## **ECHO Show #19 Script “How to Talk to Kids About Crisis”**

**TRANSLATORS:** Please translate this title, as well as the script. Let me know if you have any other questions about this script!--Larry

**Deadlines:** English version final script due 4-10-06  
Translation scripts (all six versions) due 4-20-06  
Audio recorded April 2006 / Edited by End April 2006

**-- PACKAGE SCRIPT ONLY – For SPNN-TV to edit on behalf of ECHO**

<b>EDIT DIRECTIONS</b>	<b>AUDIO TRACK</b>
<p>SPNN-TV: Please remember to provide the list of credits to Lillian for use with TPT graphics during taping. Thank you. ECHO</p> <p><b>--NAT SND – Classroom? Playground?</b></p> <p><b>--NAT SND – Tornado video Source?</b></p>	<p>(1) Children enjoy simple fun and games that come with every day. There is laughter at school, at play, with families and friends in all cultures.</p> <p><b>-- NAT SND—Tornado Video</b></p> <p>(2) But sometimes our daily routines can change unexpectedly. Natural disasters like tornados, floods, or violence can interrupt daily life at work, home and school. Parents and others can help children learn how to cope.</p> <p>(3) Children can tell when something is wrong at home or in the world around them. Images of a neighborhood house fire or a battlefield far away may affect their feelings, thoughts and actions.</p> <p>(4) Some children cry or feel sad for a long time, others get angry or sleep more or less than usual. Sometimes children don't want to talk about what is happening because they don't know how.</p>

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(5)

It's important to remember that children need help to understand what is happening when a disaster strikes close to home or far away. Here are some ways you can help:

(6)

During an emergency, it's important to **spend extra time with children**. Try to get back to normal routines as soon as possible. Make sure they eat healthy meals, get a good night's sleep and participate in school or social activities. By taking time with children, you help them feel safe and loved.

(7)

**Talk about what is happening.** First, ask children what they know or what they have heard. By letting them talk first, you will better understand what they are thinking and feeling. Children often think that they are responsible when bad things happen. Talk about what happened by using words children understand. How you explain a tornado to a five-year-old is different than how you explain it for a teenager. As children get older, you can give them more information.

(8)

**Listen to your children** so you know what they are thinking. Encourage them to ask questions and help them share their thoughts and feelings more than once. Let them know it's okay to feel they way they do. Anger, sadness, and frustration are normal feelings when there is loss at home, school, work, or in the world.

	<p>(9) When bad things happen, adults often want to protect children from the truth. It's better to share what you know than to pretend everything is okay – even when it isn't. Children often know more than you think and by telling them the truth, you allow them to ask questions and tell you how they feel. It's okay to tell them how you are feeling, too—but make sure your children understand that you are there for them, no matter how difficult the crisis is for you.</p> <p>(10) <b>Remember to take care of yourself.</b> When we go through hard times, we may feel helpless, weak or sad but we still need to care for our children. Find other adults to support you by asking for help from family, friends, places of worship and community agencies. Children watch adults, and will act the way adults do during a crisis. When you take care of yourself, you will do a better job helping children through a crisis.</p> <p>(11) Another way to handle a natural disaster, accident or an act of violence, is to be prepared. Make you're your children know where to go if they hear tornado sirens, or who to call for help in an emergency. Emergencies don't happen every day, but if parents and children have a plan and know how to be safe and healthy.... Everyone is better prepared to respond safely if something unexpected happens.</p> <p><b>(Word Count 596)</b></p>
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