

Malay

Membantu kanak-kanak dan remaja selepas kejadian penembakan - nasihat buat ibu bapa / penjaga

- Cuba kekalkan rutin, termasuk menghadiri sekolah, seperti biasa - ini memberikan perasaan selamat
- Kurangkan pendedahan kepada TV dan berita.
- Sentiasa jujur dengan mereka - kongsi sebanyak informasi dengan mereka supaya mereka boleh memahami dan menerima situasi
- Sentiasa prihatin terhadap kegelisahan dan kebimbangan mereka
- Yakinkan mereka bahawa dunia ini adalah tempat yang selamat tetapi akan ada orang yang melakukan kejahatan
- Ibu bapa dan penjaga haruslah bertenang dahulu sebelum membantu anak-anak
- Mereka mungkin perlukan perhatian yang lebih
- Bina dan ~~tutur~~ kukuhkan semula hubungan - luangkan masa bersama
- Jangan takut untuk meminta pertolongan dan sokongan.

Helping Children & Adolescents after a shooting – advice for parents/carers

- Try and keep routines, including attending school, as normal as possible – these give security & predictability.
- Limit exposure to TV and the news
- Be honest with them – share as much information as they are able to understand and cope with
- Listen to their fears and concerns
- Reassure them that the world is a good place to be but there are people who do bad things
- Parents and carers must think about and deal with their own stress responses first
- They may regress and want to be with you and need you more
- Rebuild and reaffirm relationships and attachments – spend time together.