

## Tongan translation – Advice for parents and carers

Ko e tokoni ki he fānaú, talavou mo e finemui 'i he hili 'a e fakapō – Ngaahi fakahinohino ki he mātu'á / tauhi fānaú

- Feinga ke hokohoko atu pē 'a e ngaahi me'a 'oku fai angamaheni 'o e 'ahó, kau ai 'a e 'alu ki he akó, 'o hangē 'oku fai 'i he 'aho kotoa pē – ngaahi me'a ia 'e hoko ai 'a e ongo'i pau mo hokohoko lelei ki he mo'uí
- Feinga ke fakasi'isi'i 'a e sio TV mo e ngaahi ongoongó
- Ke ke faitotonu kia kinautolu – vahevahe atu 'a e ngaahi fakamatata te nau malava 'o mahino'i pea mo malava kātekina
- Fanongo mo ke fakaongo ki he'enau ngaahi ilifiá mo e ngaahi me'a 'oku nau tokanga ki ai
- Fakaha pau mo fakanonga kinautolu ke nau mahino'i 'oku lelei pē 'a mamani ki he nofó ka 'oku 'i ai e kakai te nau fai 'a e ngaahi ngaue fakalilifu.
- Ngaahi mātu'a mo e kau tauhi fānau ke tau fuofua fakakaukau mo fatu ha founa ke lava'i 'aki 'a e mafatukituki 'okú nau tokanga pē mo'ua ai
- Té nau fakaholomui mei he ngaahi me'a kehekehe 'o nau fiema'u pē koe mo ho'o tokoni
- To e langahake mo fakapaupau'i ange 'a hoto vā mo kinautolu ke toe vaofi ange mo e fetu'uaki – ke toe lahi ange homou taimi feohí

Manatu'i 'oku lelei ha'ate kole tokoni. Malo.

## **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.

Remember it's ok to ask for help and support