

Elysium Centre

HOLISTIC HEALING & CONSCIOUS LIVING

PRESENTS

NAVIGATING RECOVERY: STRATEGIES FOR PARENTS

Supporting your child after a wildfire means balancing emotional care with practical steps. Every family's experience is unique, and these strategies can help guide your decisions:



1. Make an Initial Visit Without Your Child

- Before involving your child, assess the situation yourself. This gives you a chance to evaluate safety, gather information, and plan next steps. Reassure your child by saying, "I'll go check on things first and make sure it's okay before we decide what to do next."
- Let them know when you'll return and stay in touch to ease their worries.

2. Provide Honest, Age-Appropriate Updates

- Children need to understand what's happened in ways that match their ability to process it.
 - Younger kids may benefit from brief, simple explanations spread out over time.
 - Older children might want more detailed information or ask complex questions.
- Encourage your child to share their feelings and let them know it's okay to be sad, angry, or confused. Grieving is part of healing.

3. Decide Together If Returning Is Right for Them

- Some children cope better by avoiding the damaged areas, while others need to see the impact to understand and move forward. Involve your child in the decision-making process, but provide guidance:
 - If they prefer not to visit, offer comfort and validation.
 - If they want to return, prepare them for what they might see, such as burned-out structures or lingering smoke.
- Assure them: "It's normal to feel upset, but we'll go through this together."

4. Use Photos and Videos to Help Them Prepare

- If your child is hesitant or unsure, consider showing them photos or videos of the area first. This can help them feel more prepared and less overwhelmed.
- Some children may prefer this method to visiting in person, while others may use it to decide if they feel ready to return.

5. Manage Expectations About Loss

- Talk with your child about what they might expect when they return. If certain belongings or areas are beyond repair, help them understand this gently before visiting.
- Ask questions like, "What do you think we might see?" or "What would you like to find?" to better address their hopes and concerns.

6. Be Flexible and Patient During Their Recovery


- When revisiting your home or community, give your child space to process their emotions. Some may want to stay in the car, while others may feel ready to explore. Respect their boundaries and let them guide the experience.
- Help them find moments of gratitude or connection, such as remembering joyful memories tied to the place. Remind them: "What made our home special was us, not just the building."

7. Address Fears and Questions Honestly

- Whether it's concerns about loved ones, pets, or the future, answer your child's questions as honestly as possible. It's okay to admit if you don't have all the answers, but ensure they feel heard and supported.

JOIN US AT ELYSIUM CENTRE

Our free therapy sessions for children and teens provide a safe space to process emotions, share experiences, and build resilience after a wildfire.

 Every Saturday | 12:00 PM - 2:00 PM

 Elysium Centre | West Los Angeles, Stoner Park

 ElysiumCentreCares@gmail.com

Take the first step toward healing. Contact us today to register or learn more.

We're here to help your family rebuild and thrive together.