

# Counselor's Corner

St. Laurence Catholic School

September 2017

Mrs. Rachel Markum, ECC/Elementary Counselor  
Mrs. Linda Schurman, Middle School Counselor

Dear Parents,

As we begin to recover from the natural disasters that hit our area recently, we want to remind you that we are available as resources for you throughout the year. Mrs. Markum is the PreK-4th grade counselor and Mrs. Schurman is the 5th-8th grade counselor. We would like to share with you some recommended tips to use when speaking with your child(ren) about natural disasters. Please find the attached resources to help you and your child cope with the aftermath of Harvey.

We found the article by David Fassler, M.D. to be very helpful when talking to children about natural disasters. Mr. Fassler gives pointers on what to say and what not to say as well as children's developmentally appropriate responses to natural disasters.

[https://www.aacap.org/App\\_Themes/AACAP/docs/resource\\_centers/disaster/disaster\\_resource\\_center\\_talking\\_to\\_children\\_about\\_natural\\_disasters.pdf](https://www.aacap.org/App_Themes/AACAP/docs/resource_centers/disaster/disaster_resource_center_talking_to_children_about_natural_disasters.pdf)

The National Association of School Psychologists published an article on the issues associated with specific natural disasters and the reactions and at-risk behaviors of children.

<https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/natural-disaster>

According to the National Child Traumatic Stress Network, it is important that you take care of yourself first. You need to prepare yourself to be able to support your child(ren). Here are a few suggestions to keep in mind:

- Communicate with others in order to give each other support.
- Give yourself a break and try not to overdue activities.
- Put off major decisions during this stressful period.
- Take care of yourself: Eat and sleep well. Make sure to tend to medical needs.

Please email your child's counselor and teacher if you have any concerns about your child. Our prayers are with you all during this recovery period.