

# Supporting Children During Drought

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## Try to look after yourself

so you can look after your children

Parents play a vital role for children in times of drought. Your capacity to cope during drought impacts your children's response to stress and their wellbeing during and after the event. Self-care is vital so it is important that you seek out any help you need so you are better able to support your kids.

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## Try looking at things through your child's eyes

and see things from their perspective

If possible, try to imagine the drought from your child's point of view. This may help you to understand some of their reactions and behaviours. It may also assist connecting and supporting them.

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## Keep an open conversation

so they can come to you any time

Let your children know that you are available to talk with them when needed. Encouraging children to talk about their feelings will help them understand their experiences. Sometimes children don't have the words to describe their feelings, however you can reassure them that their feelings are normal and that they will come and go.

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## Be on the look out for changes in your child's behaviour

as this can indicate they need support

At times of stress, children can respond in different ways. While most have a natural resilience, a minority of children will find the impacts of drought more difficult to deal with. If you are concerned about your child, it may be helpful to link them in with additional support.

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## Support your child's social connections

with family, friends, school and hobbies

Children need positive time spent with family, friends and doing activities they enjoy. Most of all, they need time to be kids, which includes regular routines at home and school.

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## Give your child the opportunity to make decisions

and have their voice heard

Drought is notable for the sense of powerlessness it creates, which is why giving children choices and asking their opinions, can help them feel more empowered and positive.

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## Focus on the positive future

for you, your kids and your community

It is important to remind yourself and your kids that this drought will pass. Trying to do fun activities together or even making a list of things you are all looking forward to will help in keeping a more positive future in focus.

National  
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