

Take Action for Emergency Response

- Spend extra time with your child after an emergency, encourage your child to talk about any concerns, and try to understand your child's anxieties and fears.
- Encourage your child to draw and play with toys or puppets after an emergency to help your child express feelings and adjust to the stressful experience.
- Pay close attention to whereabouts of your child and protect his/her from being lost, abducted or any other risks and harms.
- Good hygiene practices are extremely important in the aftermath of an emergency.
- Hand-washing with soap and water after using the toilet and before eating is extremely important in the aftermath of an emergency.
- Take care of yourself after an emergency, so that you are fully able to support your child.
- Help your child have a sense of security after an emergency by re-establishing daily routines for school, play, meals and sleep.
- Organize games and activities and encourage your child to socialize with friends and peers after an emergency.
- Seek relatives, friends and community resources to help you and your child cope with the aftermath of an emergency.

In order to improve the situation of the world's children everyone has to participate. UNICEF believes that every individual can play an important role in promoting and protecting the rights of children. The first step is concern, the second step is knowledge , the third step is action.
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