

Many options available for children who need help after disaster

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children need time to process and understand events. Vary the words you use and check that the child understands what you said.

Allow your child to be a child, even if you need him or her to help the rest of the family.

Spend extra time with your

children. Your smaller children will need extra hugs and reassurance. Your older children may need more time to express themselves.

Get back to daily routines for work, school, play, meals and rest. A familiar schedule can be very comforting.

Involve your children in cre-

ating a family disaster plan and in practicing your plan. A disaster plan helps your child understand that there are positive things that can be done to help.

During the holidays, replace a cherished stuffed animal or toy that was lost in the disaster.

FEMA for Kids
www.fema.gov/kids

This disaster preparedness website has resources for children, parents, and teachers. The website offers free posters, video and information on how children recover from a disaster. Free FEMA publications can be ordered by phone at 1-800-480-2520. FEMA and the Red Cross have published a free booklet, "Helping Children Cope with Disaster," available online at www.fema.gov/pdf/library/children.pdf.

Masters of Disaster®

You can find information on preparing children for disasters by visiting the Red Cross website www.redcross.org/disaster/masters. The award-winning disaster preparedness curriculum teaches children how to prevent, prepare for and respond to disasters and other emergencies. The Masters of Disaster® series is an educational tool that will teach youth the importance of preparedness while reducing fear of the unexpected. The goal is to empower youth with the confidence and knowledge to prepare for disasters and help create a culture of preparedness. The lessons are non-threatening, age appropriate and ad-

here to national education standards.

Crisis Counseling Can Help

There are crisis counseling services and other services specifically for children. Crisis counseling can provide immediate, short-term help to victims of powerful storms.

One of the best things a parent can do is let their children talk to a crisis counselor about how they're feeling. Crisis counseling helps reassure children what they're feeling is normal. Counseling also helps children develop coping skills to get through tough times now and later in life.

Local crisis lines are available in most communities. Referral services and free over-the-telephone counseling by trained professionals are available for stress-related problems brought on by the disaster. Help is available by calling one of the following numbers and asking to speak to a crisis counselor:

Columbia County Mental Health: 503-397-5211 day; 866-866-1426 after hours; toll-free 1-800-294-5211 "press 0"

Clatsop Behavioral Health-care (24-hour): 503-325-5724.

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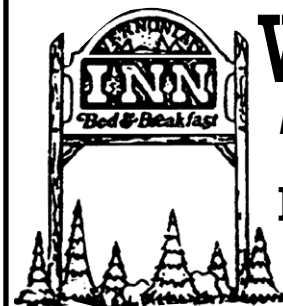
News story from twenty years ago

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done in that area. The mobile clinic uses a space at the west end of the park two days each week.

On a tour of the park prior to

the council meeting, Mayor Wally Vaughn said he would have the city recorder write to the purchaser of the caretaker's mobile home with a deadline for removing it.



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