



Supporting Children After an Earthquake

When an earthquake shakes a child's sense of safety, even the smallest aftershocks—emotional or otherwise—can feel overwhelming. Kids may not always know how to express what they're feeling, but with calm guidance, reassurance, and steady routines, they can begin to regain their footing.

Below is a gentle, solution-focused guide to help you support children through the days and weeks that follow an earthquake, along with ways AllOne Health can stand beside your family through it all.

Understanding What Children May Feel

Every child processes stress differently. Some become clingy, quiet, or easily startled. Others may complain of stomachaches, trouble sleeping, or worry about another earthquake.

These reactions are common and often temporary, especially when they have caring adults around them offering stability and comfort.

Simple Ways to Help Kids Feel Safe Again

Rebuild a Sense of Safety

- Offer extra reassurance with your presence, hugs, and calm responses.
- Be honest in simple, age-appropriate ways. Children feel safer when adults explain things clearly.
- Highlight what's being done to keep everyone safe now (repairs, emergency plans, staying together).

Reestablish Comforting Routines

- Keep mealtimes, bedtimes, and school schedules predictable.

- Add small rituals that help reinforce security, like reading together before bed or sharing a daily gratitude moment.

Encourage Expression Through Play and Conversation

- Let kids draw, play, or talk out their feelings. These outlets are powerful tools for processing big emotions.
- Validate their worries (“It makes sense you’re feeling nervous”) while pointing out their strengths (“You handled a scary moment with so much courage”).

Limit Overexposure to Stressful Information

- Turn off repetitive news coverage, and explain what’s happening if they overhear adults talking about damage or risks.
- Reassure them that disasters end, repairs begin, and people work together to help communities recover.

Model Calm, Hopeful Coping

- Children look to adults to understand how to respond. Small moments of calm—steady breathing, pausing before reacting, taking breaks—make a big difference.

When Extra Support Can Help

If a child continues to show intense fear, has trouble sleeping for weeks, avoids things that remind them of the earthquake, or seems overwhelmed, additional support can be reassuring. Reaching out early can ease stress before it becomes more difficult.

We’re Here to Support Families

AllOne Health is here to help you navigate emotional recovery through:

- Confidential counseling for parents, caregivers, and children to process fear, rebuild resilience, and regain a sense of stability
- Coaching and parenting guidance to support conversations, routines, and coping strategies at home
- Work-life resources, including childcare assistance, community referrals, and practical tools to restore balance
- Articles, e-courses, and webinars focused on emotional wellbeing, stress recovery, and family resilience

To get started, visit
allonehealth.com/member-support.

