

THE CANADIAN SCHOOL

Blyth

ACADEMY

A Canadian School in Doha

مدرسة كندية في الدوحة

**THE PARENT'S ROLE IN PROVIDING
PSYCHOLOGICAL SUPPORT
DURING CRISES AND EMERGENCIES**

MARCH 2026 AWARENESS BULLETIN

During times of crisis and emergencies — such as health outbreaks, natural disasters, accidents, sudden school events, or major community developments — children are highly influenced by what they see and hear.

With rapid news updates and social media exposure, parents become the primary source of emotional security.

A child's psychological response is shaped not only by the event itself, but by how parents react to it.

How Are Students Affected Psychologically During Crises?

Students may show natural stress responses such as:

- Increased anxiety or physical symptoms (headaches, stomach-aches)
- Repeated questions about the crisis
- Sleep or appetite disturbances
- Social withdrawal or silence
- Irritability or sudden anger
- Strong reactions to media images or videos

These responses are usually temporary but require awareness and supportive guidance.

Managing Parental Emotions First:

Children take emotional cues from their parents.

When parents remain calm and emotionally balanced, children feel safer.

- ✓ Avoid excessive worry in front of children
- ✓ Do not overanalyse events aloud
- ✓ Use realistic reassurance such as:

“Authorities are handling the situation professionally.”

“We are safe, and we are taking precautions”



Practice Active Listening

Before explaining or correcting:

Ask: “What did you hear?”

Ask: “What do you understand about what is happening?”

Correct misinformation gently

Never dismiss or mock their fears

Avoid scolding them for crying or feeling scared

Say:

“It’s normal to feel this way. Let’s understand what’s happening so we can deal with it together.”



Be the Trusted Source of Information

With constant exposure to phones and social media, children may encounter distressing content

- ✓ Provide age-appropriate explanations
- ✓ Avoid shocking or graphic details
- ✓ Limit exposure to disturbing news
- ✓ Do not lie or distort facts

Calm, honest conversations increase emotional security.



Maintain a Structured Routine

- A predictable routine strengthens emotional stability.

Try to:

- Maintain school attendance or remote learning
- Keep regular sleep schedules
- Engage in family activities at home
- Follow official safety instructions and guidelines
- Preparedness builds confidence , not panic.

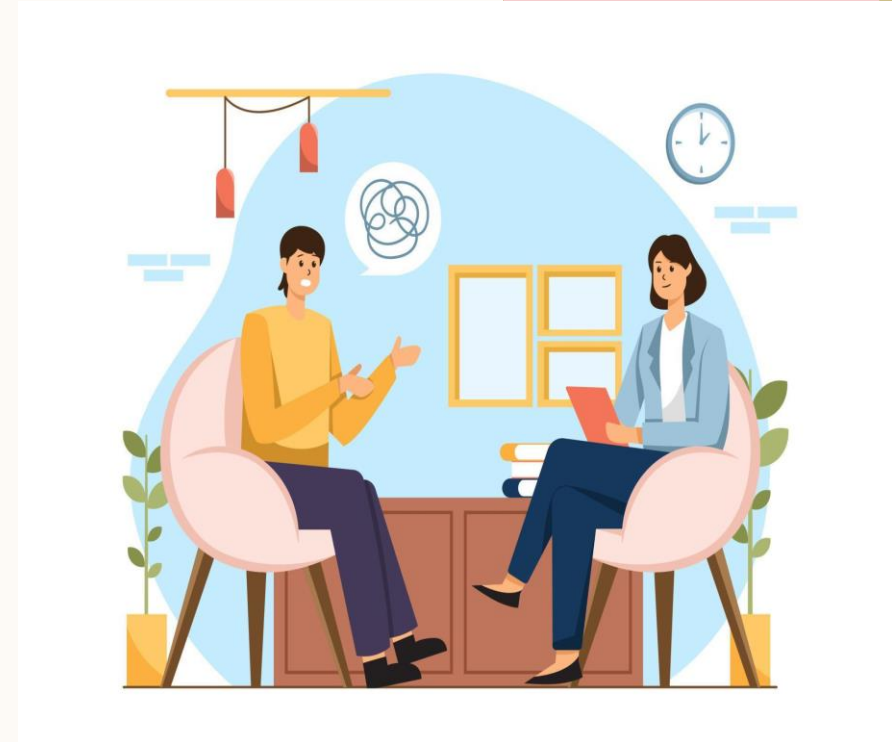
Behaviours to Avoid in Front of Children

- ✗ Constantly watching crisis-related news
 - ✗ Sharing frightening videos or rumors
 - ✗ Discussing catastrophic “worst-case” scenarios
 - ✗ Ignoring children’s emotions
 - ✗ Forcing children to suppress their feelings
- Children need reassurance, not fear amplification.

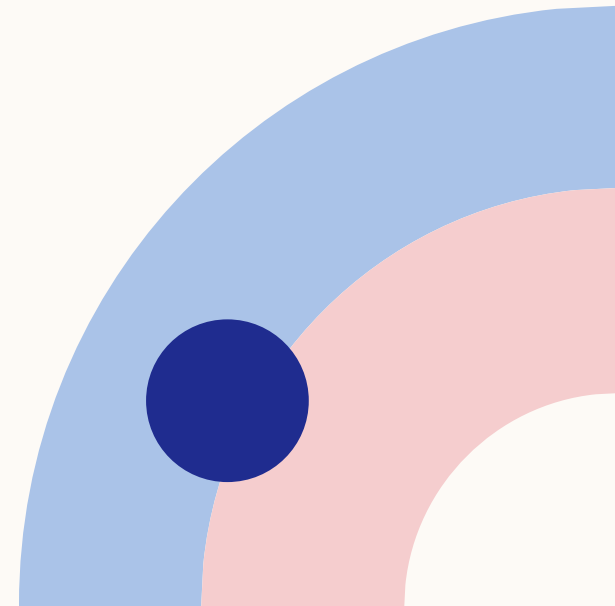
When Should We Seek Professional Psychological Support?

Contact a mental health specialist if:

- Panic attacks or persistent crying appear
- Anxiety and physical symptoms increase significantly
- The child becomes overly clingy or highly sensitive
- Academic or social functioning noticeably declines
- Early support prevents long-term impact.



**“Qatar will remain a state of institutions and rule of law.
We are committed to peace, stability, and dialogue.”**



THANK YOU

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