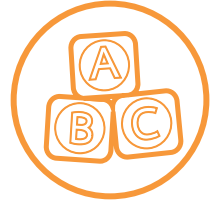




INFANTS & TODDLERS

(Birth - 2 years old)



Families play a critical role in helping to reestablish a sense of normalcy and safety for a child before, during and after a disaster occurs. Please take a moment to read through these suggestions on how to support your child.

MY MILESTONES



- **Our Bond:** Every day my attachment to you is growing. Please let me stay with you and people that I know well.
- **Learning Constantly:** I am learning about the world through everything I do: looking, listening, touching, mouthing or chewing, smelling, moving, and playing.
- **Mimicking:** I like to copy your facial expressions and interact with you and other people.
- **Strong Muscles:** When I play, my movement, muscle strength, and control increase. I need tummy-time when I am awake and opportunities to move, wiggle, crawl, stand, walk, etc. Please remember that I should not be placed on my tummy when I am put in my crib.
- **How I Communicate:** Until I have words, I communicate my needs to you with my face, my movements, and my sounds. When I am calm, I may coo and smile with a pleasant face, and when I am upset I might fuss, cry, scream, or stiffen my body.

MY RESPONSE TO STRESS



- **I Feel Stress:** I can feel when people are stressed which may lead to me crying more or having trouble eating or sleeping as I usually do.
- **Clinginess:** If I am extra clingy to you, or others that care for me, this may be because I need you to help me feel safe, cared for, and loved through your calm, attentive actions.
- **“Regression”:** Some skills that I have just learned (talking, crawling, potty-training, etc.) may go away (“regress”) for a period of time. It is hard for me to learn and use new skills when my life is stressful.
- **Risky Behaviors:** As a toddler, I might try new or even risky things to get your attention.
- **Play Changes:** When I play as a toddler, my pretend-play scenarios might look somewhat like the traumatic event that just happened. That is okay if it occurs for less than a couple of months because that is how I am processing what happened.

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(All children develop at their own pace. These recommendations are based on scientific research and trends in child development. Additionally, the information contained here does not constitute medical advice. It is for educational and informational purposes only. Please consult with a healthcare professional to receive personalized advice or treatment for your child.)



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(Birth - 2 years old)

HOW ADULTS CAN HELP



- **Typical Routines:** Please try to keep our routines consistent and predictable, especially regarding times to play, eat, and sleep.
- **Reassure Me:** Give me extra snuggles, attention, and quality time together through playing, reading, singing, humming, and quiet talking.
- **Familiar People:** Please have familiar people take care of me, especially for longer periods of time (more than a couple of hours).
- **Do Not Worry:** If my play starts to look like the event that happened, or I am showing more “babyish” behaviors (“regression”), please know that those are typical responses to stress and disasters.
- **Self-Care:** Please take care of yourself. Rest often, eat well, and drink water, so that you can take even better care of me.

WHEN TO SEEK PROFESSIONAL HELP



- **Regression Continues:** My “regression” (immature or “babyish” behaviors) may continue for a couple of months after the disaster. If my age-appropriate skills (like potty training) do not return after a couple of months, then please speak with a healthcare professional.
- **Play Remains Different:** If my play does not get back to my typical types of play or imaginary situations (after a couple of months), please talk to a healthcare professional.

For more information, please view the General Information document for this child development stage on our website:

CLDisasterRelief.org/resources

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