



Child Development Guide

0-18 years

For First Responders

Child Development Guide 0-7 years: Child Life Disaster Relief

INFANCY (Birth – 12 months)	TODDLER (1-3 years)	YOUNGER CHILDREN (4-7 years)
<p>Potential Stressors</p> <ul style="list-style-type: none"> • Separation from caregivers • Unfamiliar environment • Change in routine • Stranger anxiety 	<p>Potential Stressors</p> <ul style="list-style-type: none"> • Separation anxiety • Reduced autonomy • Change in routines • Lack of opportunities for self-control 	<p>Potential Stressors</p> <ul style="list-style-type: none"> • Egocentrism and guilt (belief that any event is happening intentionally to or around themselves) • Magical thinking and egocentric thought result in misunderstanding • Fears of monsters and the dark • Change in routine • Associates experiences as a punishment
<p>What <u>YOU</u> Can Do</p> <ul style="list-style-type: none"> • Encourage parent involvement, if possible • Use calming voice when talking • Rock or hold on chest near shoulder and pat back • Humming or singing quietly to infant can help it to calm • To take vitals, use distraction if possible: keys/flashlight/other safe object 	<p>What <u>YOU</u> Can Do</p> <ul style="list-style-type: none"> • Encourage parent involvement, if possible. • Introduce yourself: Hi I'm ___ and I'm going to help you right now. • If child needs to be moved and/or separated from parent, let them know you are taking them to a safe place and another person will help the parent, • If child has a comfort object refer to it and explain you are helping it be safe too (also great to use for demonstration for vitals, etc) 	<p>What <u>YOU</u> Can Do</p> <ul style="list-style-type: none"> • Encourage parent involvement, if possible • Clear, simple explanations of event (EX: It isn't safe here so I'm going to take you where you'll be safer) • Clear simple directions (I need you to stay with me so i can keep you safe) • Answers to questions/explanations should be simple but honest (EX: is my mom ok? Answer: I don't know because I'm with you, but I know there are people like me who are trying to find/help her)

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OLDER CHILDREN (8-12 years)	TEENS (13- 18 years)
<p style="text-align: center;">Potential Stressors</p> <ul style="list-style-type: none"> • Lack of information/explanations causes anxiety • Unexpected separation from family or primary caregivers • Separation from normal activities, home, school, peers • Reduced self-esteem • Fear of feeling different from peers (social stigma) 	<p style="text-align: center;">Potential Stressors</p> <ul style="list-style-type: none"> • Lack of information/explanations causes anxiety • Limitations related to privacy, peer relationships, decision making • Concern with perspective of others/Body image • Fear of feeling different from peers (social stigma) • Unable to socialize with peers
<p style="text-align: center;">What <u>YOU</u> Can Do</p> <ul style="list-style-type: none"> • Encourage parent involvement, if possible • Understand that they may not verbalize their worries or questions, but if they do, validate their feelings (EX: Child says I'm really scared! Response: I understand you're scared. I'm going to stay with you to keep you safe.) • Provide clear, but appropriate directions (EX: We are safe here but if I ask you to move with me, I'll need you to do that quickly.) • Answer questions honestly but appropriately (EX: Is my brother ok? Response: I don't know right now but we have a lot of people like me who are here to help) 	<p style="text-align: center;">What <u>YOU</u> Can Do</p> <ul style="list-style-type: none"> • Answer questions honestly but appropriately (EX: Is my brother ok? Response: I don't know right now but we have a lot of people like me who are here to help) • Provide clear, but appropriate directions (EX: We are safe here but if I ask you to move with me, I'll need you to do that quickly.) • Provide space to talk about feelings (understand they may not feel like talking or sharing) • If they do share, validate their feelings