

Psychological First Aid A Guide for Parents

Talking to your child when they
stressed, anxious or fearful

GET **P**REPARED
GET **F**OCUSED
GET INTER**A**CTIVE

Listening closely to what your child has done
to cope.

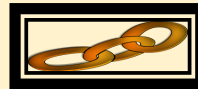
Use the following method: **Look**, **Listen** and
Link as your talking framework.



LOOK



LISTEN



LINK



When you talk to your child:

Look for Information what **has happened** and is
happening.

Look for safety risks, physical injuries

Look for basic and practical needs

Look for emotional reactions

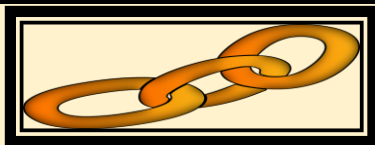


When you talk to your child:

Speak Calmly, and **Listen** Attentively

Accept your child's feelings, it calms the child when
they in distress

Help the child find solutions for their immediate needs
and problems



When you talk to your child and realise **YOU** need help to help your child

Connect with loved ones and social support

Seek medical help, legal help, or financial help

Connect with helping organizations like your education district, religious and community organisations