

# HELP CHILDREN WITH DISABILITIES COPE WITH CRISIS



For children with disabilities, the feeling of chaos is more acute. Therefore, they need **more mediation**.

In a chaotic reality, even simple things may be experienced as unclear. It is therefore necessary to **explain simple things** as well.

Explaining the reality to children with disabilities can require **linguistic simplification**, according to each child's level of understanding.

Changes for children with disabilities may provoke acute anxiety. The more you can **create a routine**, the easier it will be for them.

When there is a feeling of loss of control, it is important to find places where the child can **feel in control** even in a specific context.

Where it's possible to identify some stability, it's important to reflect this to the child. Even in chaotic situations one can find **places of stability**.

Emphasize what is known and **what can be expected**.

There are situations that can be experienced as a sensory attack, e.g. crowds of people, loud noises and the like. Try to **reduce the intensity** by moving away from the source of the noise / protecting the ears / playing soothing music / providing a soothing touch.

Accessories such as hearing aids, iPad for communications etc., are not luxuries. They allow the child who needs them to be an active participant in the situation, and are therefore **essential equipment**.

It is important that you, the parents, **share** the child's special needs with the environment and those providing aid.

