

DEALING WITH YOUR **CHILD** AFTER A **TRAUMATIZING** EVENT

A guide by AFEL



RESTORING CHILDHOOD
SINCE 1976

Intro

- **IT'S AN EXCEPTIONALLY** difficult time right now for everyone.
- First there was covid19, the fear of the virus and the social distancing measures.
- Then came the devastating blast that rocked Beirut on Aug. 4, 2020 and brought with it Death! Fear! Pain!

It's more important than ever to recognize that many children, our children, could be **TRAUMATIZED** and need time to be OK again. They need you, their parents, to do so.

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It's especially **important** to
keep a few points in mind
when dealing with your
children

Tips

Be **CALM**. Don't let your children feel your anxiety.
Be understanding. **LISTEN**.

Allow them to **EXPRESS** their feelings (to cry, to be sad, to talk about it).
ACKNOWLEDGE their feelings.

EXPLAIN to them what happened in a simple way.

Limit their exposure to the **NEWS** and social media and make sure you don't discuss your fear and anxiety in front of them.

Maintain the daily **ROUTINE**. It helps normalize things for them.

Tips

Give them extra **LOVE** and **ATTENTION**. Hug them more often and say the words 'I love you'. This allows them to feel safe and provides a sense of security.

Encourage them to remain **ACTIVE**, like playing with friends.

Contact **AFEL** or a health care provider in case your child displays sudden changes in **BEHAVIOR, SPEECH** or **STRONG EMOTIONS**.

REMEMBER, you too might need **HELP**.

Always take care of yourself so you can take care of your children.

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One more thing

AFEL's **CASE-WORKERS** &
PSYCHOTHERAPISTS are there
to work with traumatized
children and their families for
FREE

AFEL IS HERE TO HELP.

**IF YOU THINK YOUR CHILD/CHILDREN
MIGHT BE TRAUMATIZED, CALL**

AFEL HELPLINE:

+961 81 860 158

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If you were among the luckier ones who survived the blast and are able to help the children affected by it, pls **DONATE**

ONLINE DONATION

(LOCAL & INTERNATIONAL DONATIONS ARE ACCEPTED)

<https://afel.org.lb/donation-page/>

LOCAL TRANSFER

Banque BEMO SAL - Dora Branch

FAVOR: ASSOCIATION DU FOYER DE L'ENFANT LIBANAIS (AFEL)

IBAN:

LB21 0093 0000 0003 0032 73661 (USD)

LB60 0093 0000 0003 0032 73661 (LBP)

LBP SWIFT: EUMOLBBE

INTERNATIONAL TRANSFERS

BEMO EUROPE - BANQUE PRIVEE (EUROPE)

FAVOR: ASSOCIATION DU FOYER DE L'ENFANT LIBANAIS (AFEL)

IBAN: FR66 1761 9000 0101 4200 0040 079

SWIFT: BEMOFRPP

BANK BEMO (LEBANON)

FAVOR: ASSOCIATION DU FOYER DE L'ENFANT LIBANAIS (AFEL)

IBAN: LB27 0093 0000 0035 0082 0366 1USD

SWIFT: EUMOLBBE

Founded in **1976**, Afel is a non-political, non-confessional organization that takes vulnerable and abused children under its wing, nurtures them back to health, and enables them to live a developed life with a support system around them.

Afel has since taken under its wing more than **5,000 children**, enhancing the daily lives of countless people and giving entire generations the means to become autonomous and responsible adults through a unique holistic approach which incorporates the family in the child's rehabilitation process. Through AFEL, children who were once under serious threat are able to flourish and live a fully developed life, with opportunities around every corner.

AFEL is recognized by the Lebanese State by virtue of the 1977 Decree No. 97 AD, and declared of public utility as of 1987.



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Years
& going strong



70

Employees looking
after the children
and their families



5000+

Children
since 1976



500+

Children
cared for
in 2017



1.4

Million US\$
annual budget
in 2017

WWW.AFEL.ORG.LB