



## MEETING THE CHILD'S EMOTIONAL NEEDS

Children's reactions are influenced by how adults around them respond. It's important to remain calm and maintain normal routines.

Below are suggestions to assist you in comforting your children:

- Hugs are reassuring
- Encourage them to share their thoughts and feelings
- Allow them to ask questions and answer them according to their age and maturity level
- Understand your child's reaction will change throughout the day
- Provide age-appropriate information

## ACCESS CENTER HOTLINE

**1-800-854-7771**

**562-651-2549 tdd/tty**



Los Angeles County Department of Mental Health  
[dmh.lacounty.gov](http://dmh.lacounty.gov)