

HOW TO TALK TO YOUR KIDS ABOUT STORMS

Kids and teenagers may experience various emotions before, during, and after a storm. Their emotions range from excitement from being out of school to fear and anxiety from the uncertainty of the storm. The guide below shares some great advice from the book [Seen: Healing Despair and Anxiety in Kids and Teens Through the Power of Connection](#).

Obsessive behaviors: Watch for obsessive behaviors, like checking the weather or the news. Help your kid or teenager manage these behaviors, and be cautious of consuming their entire time at home with this as well.

Practical Tips:

1. Spend time playing a game or watching a movie before the storm.
2. Read Psalm 23 as a family.

Acknowledge their feelings: Having big feelings during rough weather is normal. Acknowledge their feelings, but don't overreact to them. Help them process what they are feeling.

Practical Tips:

1. If they seem anxious but can't express their emotions in words, use a [feelings wheel](#).
2. Read 1 Peter 5:7 as a family.

Remind them they are safe: It is important to remind them they are safe. Talk to them about the safety measures you take and your family safety plan.

Practical Tips:

1. In an age-appropriate way, talk through your family's safety plan in event of different scenarios. Example: If the power goes out, where to get a flashlight, etc.
2. Read Matthew 6:25-35 as a family.

Talk to them about it: When they are calm, talk to them about their fears. Help them to identify and name the emotions that come with those fears. Teach them about the weather to remove the mystery and unknown.

Practical Tips:

1. In an age-appropriate way, talk to them about how storms and hurricanes work. Find a YouTube video explaining how they work that you are comfortable with and watch it together.
2. Read Mark 4:35-41 as a family.

Additional verses to read together:

Psalm 20:1, Isaiah 41:10, Psalm 5:11, Psalm 91:1-2, Psalm 121:1-2