

Friends Care!

by *Big Bird*

Hi, everyone. A big storm with lots of wind and rain—a hurricane—came to Sesame Street. I stayed with Maria, Luis, and Gabi during the storm. I was scared, but they helped me feel better. When the hurricane was over, we went to find my nest and saw that the storm had blown it away. I felt very sad. But my friends helped me build a new nest! They also made a bow for Radar and gave me a jar of birdseed. When I got settled in my new nest, we all played some games together.

You can play, too.

Just turn the page. ➤

SESAME STREET®

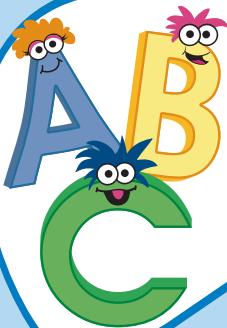




School Days, School Maze

Use your finger to show
Elmo the way to school.
Then sing the ABC song
with him and Zoe.

Elmo likes to meet new
friends at school. What is
your favorite thing to do
at school?



Helping Hands

Ernie, Ernestine, and Bert are making hand pictures. You can do so many things with your hands, such as draw, write, clap, eat—and help! Trace *your* hand onto this page. Decorate it any way you like. 



Think about a way you have helped someone, or how someone has helped you. Ask a grown-up to help you write about it here or on another sheet of paper.

SAFE & SOUND:

Tips for Parents and Caregivers

Hurricanes, storms, and any stressful events can be particularly difficult for young children who may not fully understand what's going on around them. These tips can help them feel safe, cope with emotions, and understand that there is hope for the future.

Give Children the Facts

Children might still be confused about what exactly a hurricane is. Explain that it is a big storm with a lot of wind and heavy rain. It can be scary, but adults will do their best to keep children safe.

Comfort Your Children

Try to calm your own fears first, since children take your cues. Answer questions honestly and age-appropriately, in simple words. Reassure them that what happened is not their fault, and that you love them and will take care of them. Hugs help, too!



Listen and Talk to Your Children

Follow your children's lead. They may not want to talk about their emotions and experiences right away. If they prefer not to talk, play with them and spend time doing what they like to do. If they express sadness, anger, or fear, tell them it's okay to feel this way, and encourage them to continue sharing their feelings with words or pictures.

Try to Keep a Normal Routine

As much as possible, try to keep a daily routine. To help children feel calm and safe, encourage them to engage in favorite activities.

Spend Time With Your Children

Simply smiling, laughing, and playing together can also help children feel safe. Encourage them to do things that can help them express their emotions, such as writing a story or drawing a picture.

Pay Attention to Signs of Stress

Nightmares, bed-wetting, aggression, inattentiveness, and clinging behavior are common among children who have experienced a crisis. If you notice such signs, please talk to a health care provider, teacher, school counselor, or mental health professional.

Monitor Children's TV Viewing

Don't allow children to watch repeated images of the hurricane, its damage, and other violent events. Young children might think that it's happening repeatedly, in real time.

Empower Your Children

If your children have been directly affected by the hurricane, you can give them simple chores and responsibilities to help them maintain a sense of control. Praise their efforts—building self-confidence is important when joining a new community. If children have been indirectly affected, encourage them to show compassion and help others.

Take Care of Yourself

You're more helpful to your children when you've attended to your own physical and emotional needs. Build a support system through relatives, friends, faith leaders, or counselors. Stay active, get enough rest, eat healthfully, and do things you enjoy.

Inspire a Sense of Hope

Explain that while many things may have changed, there are people and places we can always "hold in our hearts." Explain that no matter what has happened, you still have each other to build a better future.