

Samoan Translation - Helping Children & Adolescents - advice for parents/carers

Fesoasoani mo Tamaiti ma Tagata Matutua ina ua maea se fa'alavelave o le fanaina o ni tagata- fautuaga mo matua ma e o loo latou vaaia le fanau.

- Try and keep routines, including attending school, as normal as possible - these give security & predictability
- Taumafai ia tausisi i polokalame e masani ai, e pei o le auai i le aoga- ina ia faatumauina ai pea le saogalemu ma mea e masani ai.
- Limit exposure to TV and the news
- la faaitiitia taimi e matamata ai i TV ma faalogo i tala faasalalau.
- Be honest with them - share as much information as they are able to understand and cope with
- E taua tele lou talanoa ma le faamaoni ina ia malamalama i mea o loo tutupu ma feagai ai i le taimi nei.
- Listen to their fears and concerns
- Fa'alogo i mea o loo fefefe ma fai ma atugaluga i mafauauga o le fanau
- Reassure them that the world is a good place to be but there are people who do bad things
- la tautino i fanau o le lalolagi/siosiomaga o lo'o tatou iai e lelei ma saogalemu, peitai ane o lo'o iai ni tagata o loo latou faatinoina ni mea leaga ma le mataga.
- Parents and carers must think about and deal with their own stress responses first
- O matua ma e o loo latou vaaia fanau e tatau ona mafauau lelei ma ave le latou faamuamua i o latou mafatiaga
- They may regress and want to be with you and need you more Rebuild and reaffirm relationships and attachments - spend time together.
- E iai ni tulaga e vaaia e pei o le manaomia e le fanau matua e mafuta i taimi uma, ina ia toe fausia ma faamalosi mafutaga, la mafuta ma le fanau i taimi uma
- Remember its ok to ask for help and support
- la manatua e lelei lava lou fesili mo se fesoasoani i taimi uma.