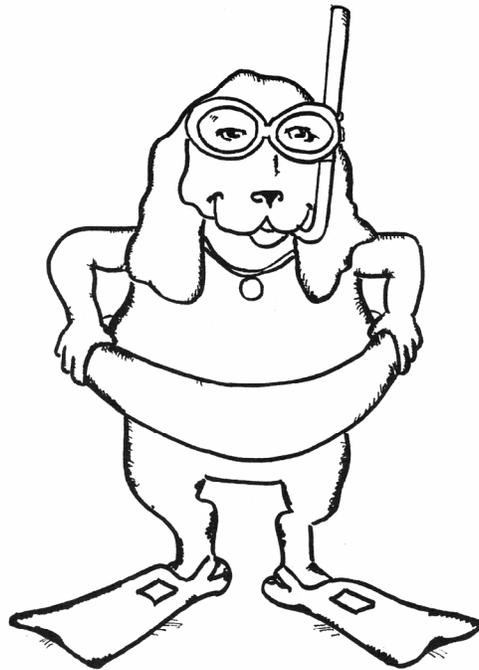


The Great Storm and Flood Recovery

Children's
Story & Activity
Book



Parent Guide Included

Story and Direction by: Mike Conner, Psy.D.

Illustrations by Mark Miller, MD.

Parent Guide Text: Michael G. Conner, Psy.D. & Joan Dayger Behn Ph.D.

Support and Volunteer Coordination First Edition: Carol Foley, MA

Editing and Graphics Second Edition: Michaele P. Dunlap, Psy.D. & Larry Jones



About the Children's Flood Recovery Project

The Children's Flood Recovery Project is the work of a group of mental health and medical professionals and their friends who volunteered their time and talents to help children and families affected by storms and floods.

The first edition of this book was called "The Great Northwest Flood Recovery" and was created after Dr. Conner and his wife, young daughter and their golden retriever, Jasper, along with many other families, were forced to leave their home because of the freezing and flooding in Oregon and Washington in 1995. That book was published by Mentor Professional Corporation (and inspired the formation of Mentor Research Institute). The first edition of this coloring book was printed and distributed by the professional group that created it. It was later reproduced by Oregon Flood Support Services and, later, by FEMA to help children after floods that occurred in the Midwest in subsequent years.

This edition is prepared with the graphics assistance of Larry Jones and the editing assistance of Michaela Dunlap to help families affected by hurricanes and flooding after the storms Katrina and Rita in 2005. It has been edited to be useful for future storms with flooding that disrupt lives, families and family pets.

Mike Conner specializes in clinical, family, emergency and trauma psychology. Mark Miller is a physician who loves to draw. Mark brought Bingo to life during many nights at the drawing board. Carol Foley is a community mental health professional specializing in counseling and animal assisted therapy. Joan Behn is a psychologist who specializes in clinical, child and family psychology. Joan co-authored, helped design and edited the Parent Guide. Michaela Dunlap is a psychologist who specializes in clinical and family psychology. Larry Jones is a photographer and graphics expert.

We all hope that you and your family will find this book and the information in the Parent Guide useful and supportive as you recover from the problems that storm and flooding created for you.

My Name is: _____

I am _____ years old

I live in: _____

The people in my family are:



This is my book.

This is Bingo. He lives in _____
Bingo loves his home.



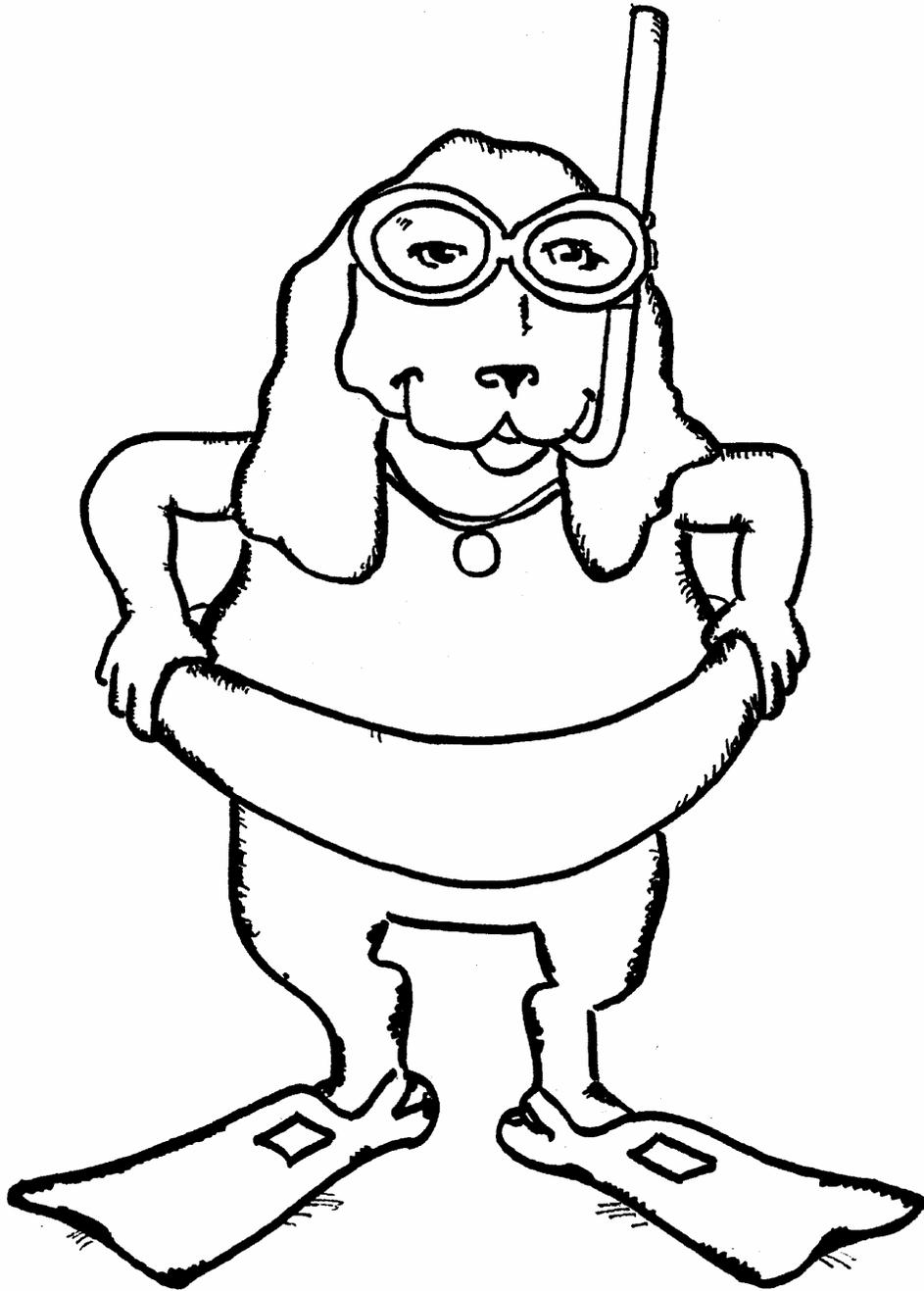
What color is Bingo's home?

Bingo lives near water.



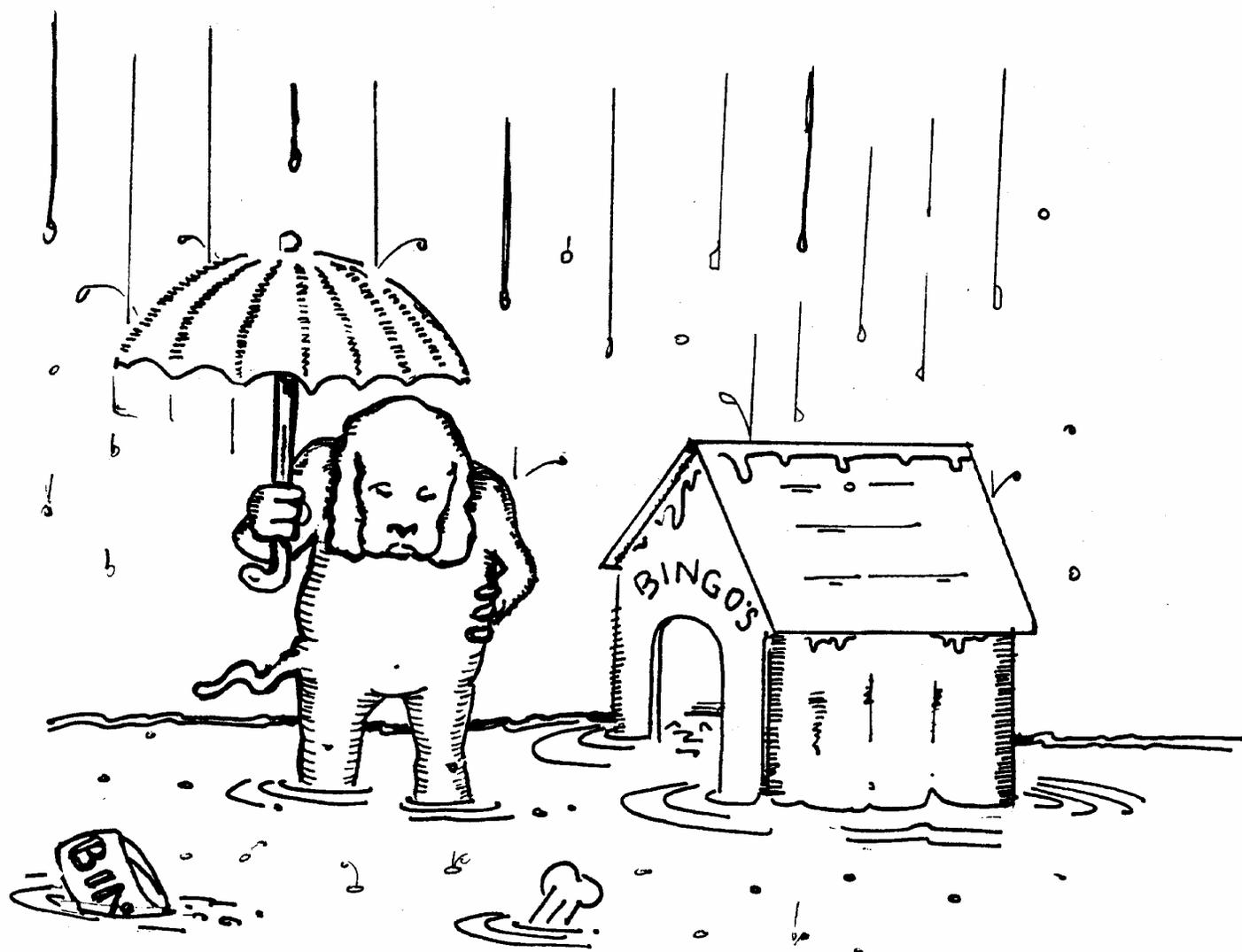
What water do you live near?

Bingo likes to play in the water, but only when adults say it is O.K



What do you like to do in the water?

Sometimes it rains a lot, and the wind blows very hard. The water near Bingo's home gets higher, and higher.

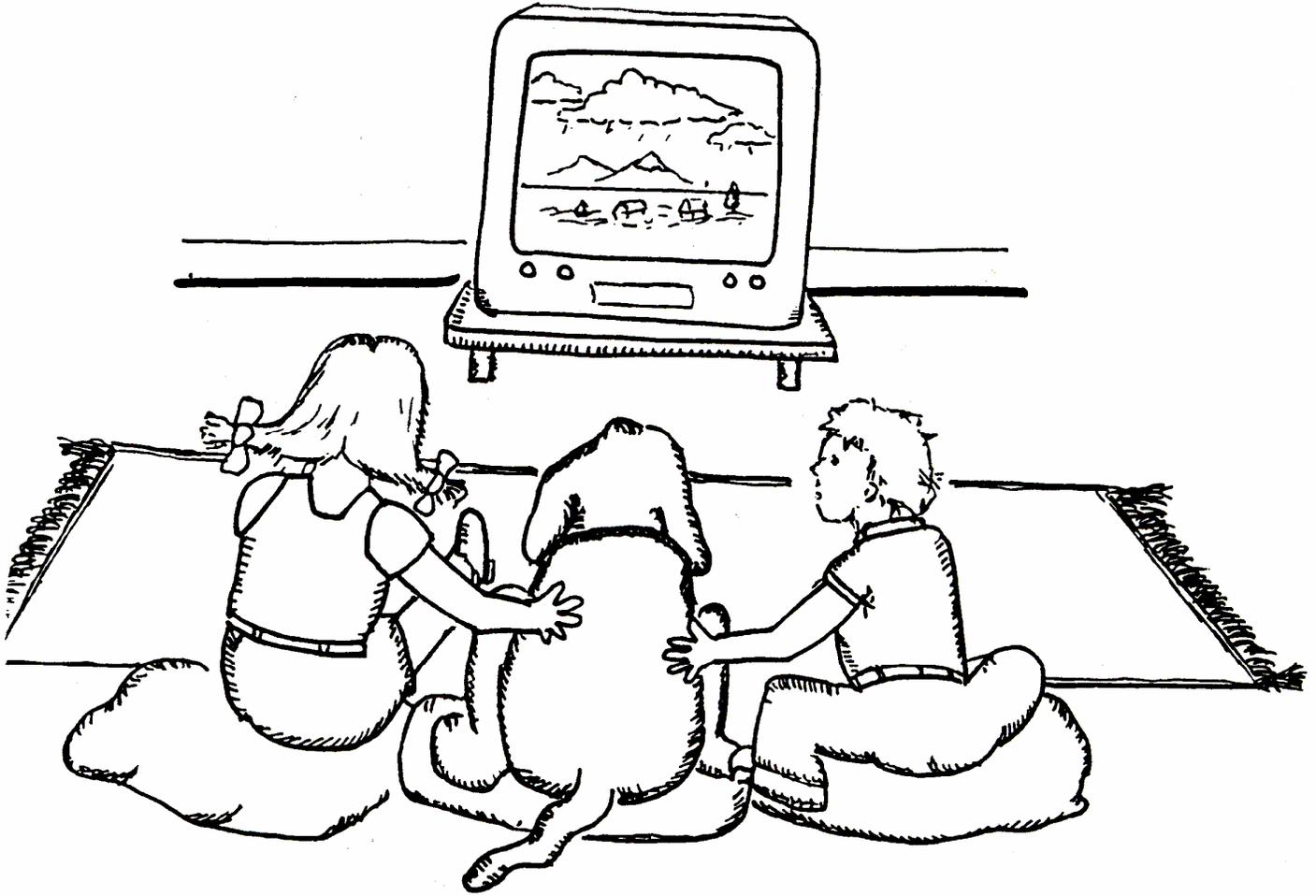


Sometimes the storm is big, sometimes water gets really high and there is a flood. A flood has lots and lots of water.



Sometimes a storm is so big it has a name. What is the name of a storm you remember?

People on the radio and television told us the storm was getting bigger, there would be flooding!



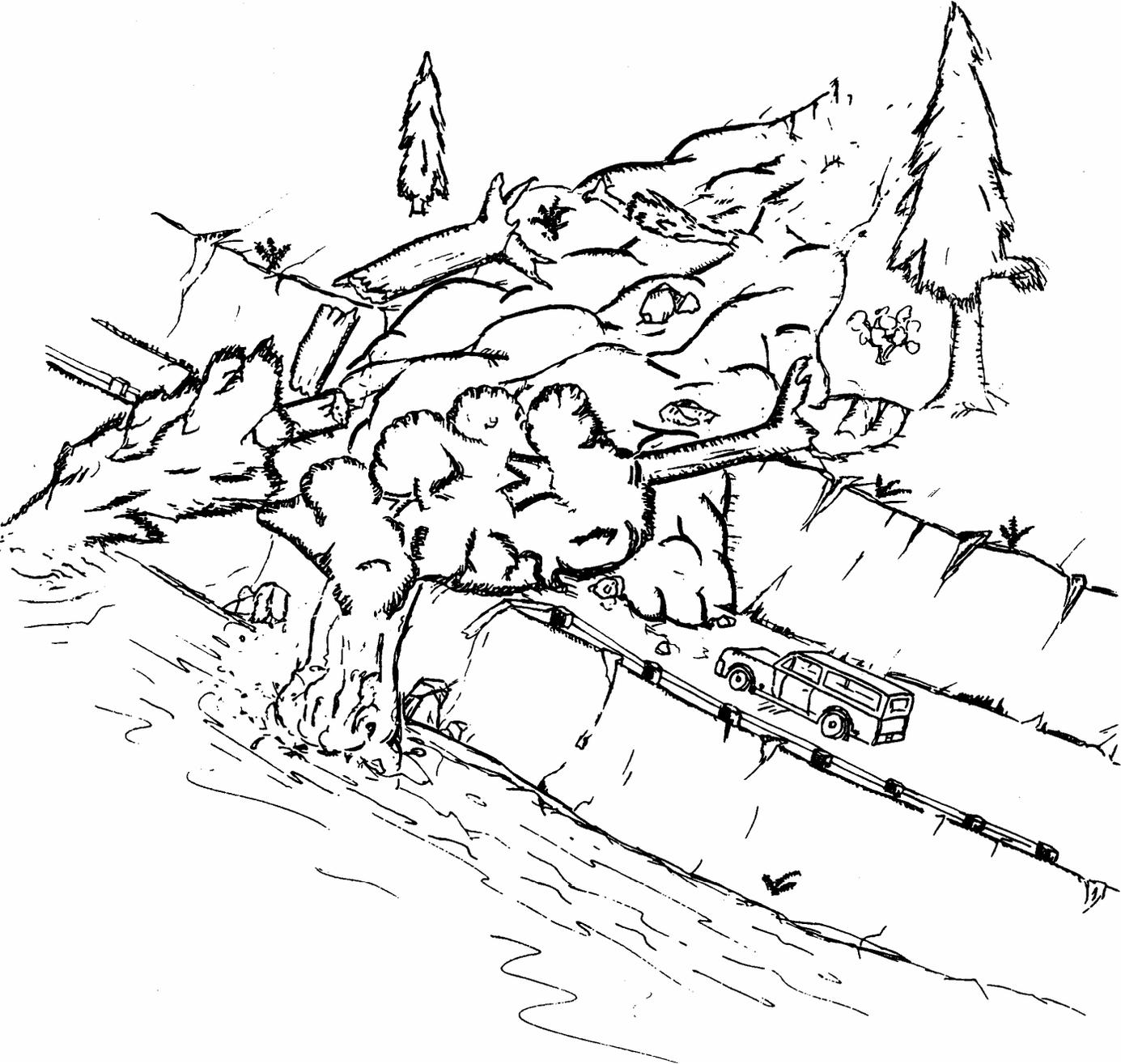
The police, fire department, and many helpers came, and our neighbors helped each other.

Bingo prepares for the flood.



Some people make sand bags.
What did your family do?

Trees fell down from the storm and roads were covered with water, rocks and mud.



Cars and houses and buildings got covered with lots of water during the Storm and the Flood.

People had to use boats to go help other people.



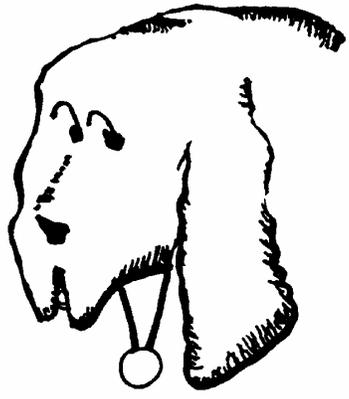
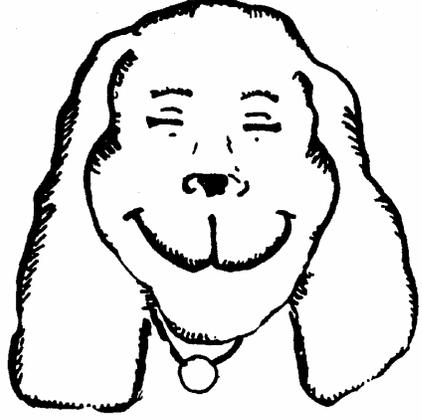
What got covered with water
and all wet at your home?

During the Storm and the Flood, Bingo had to leave his home and go in a boat.



Where did you stay
during the Storm and the Flood?

During the storm and the flood, Bingo felt



How do you feel now? _____

It is O.K. to cry.
When we cry, sad feelings come out.



Hugs help a lot.
Who do you like to hug?

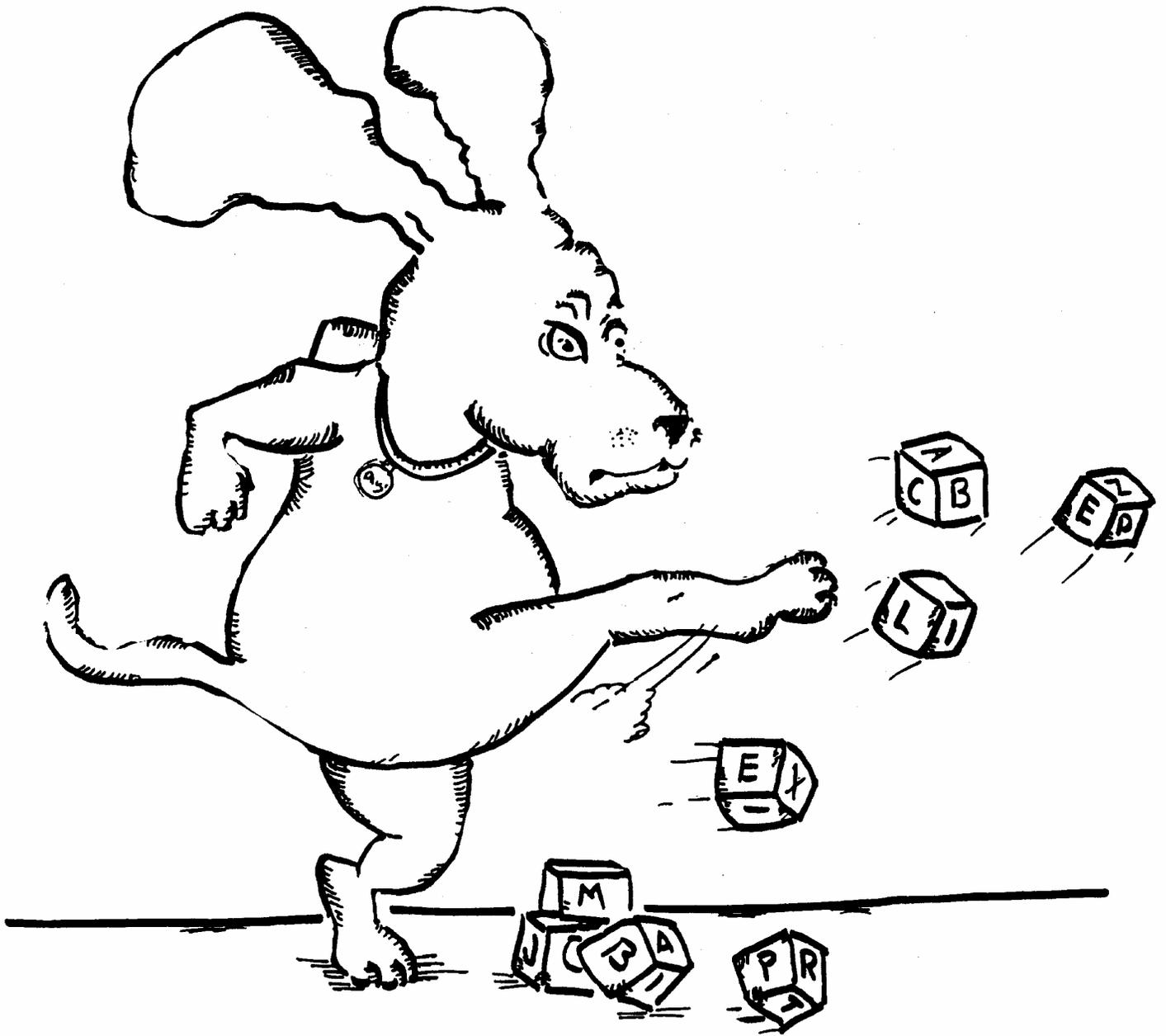
Someone I can hug is _____

If I keep painful feelings inside
I might feel sick, or ...



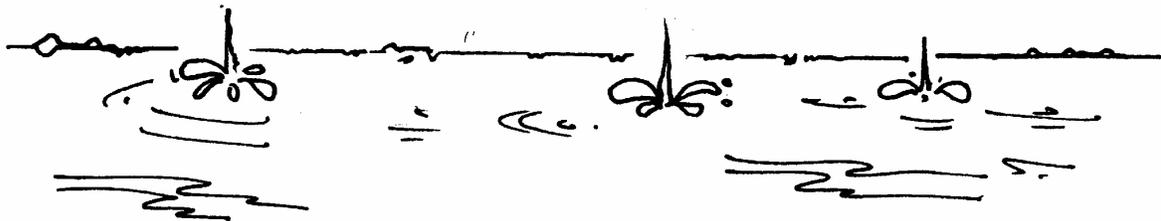
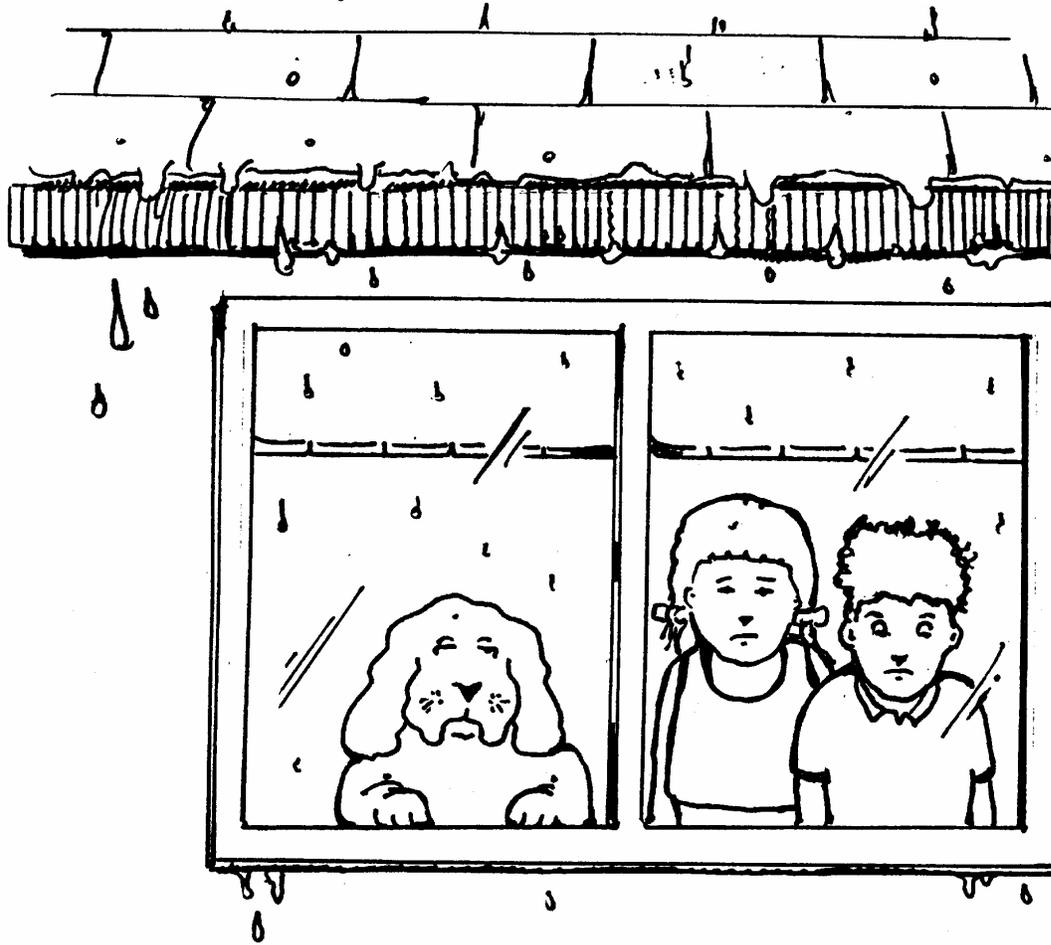
LIKE I MIGHT **explode!**

It is O.K. to feel angry.



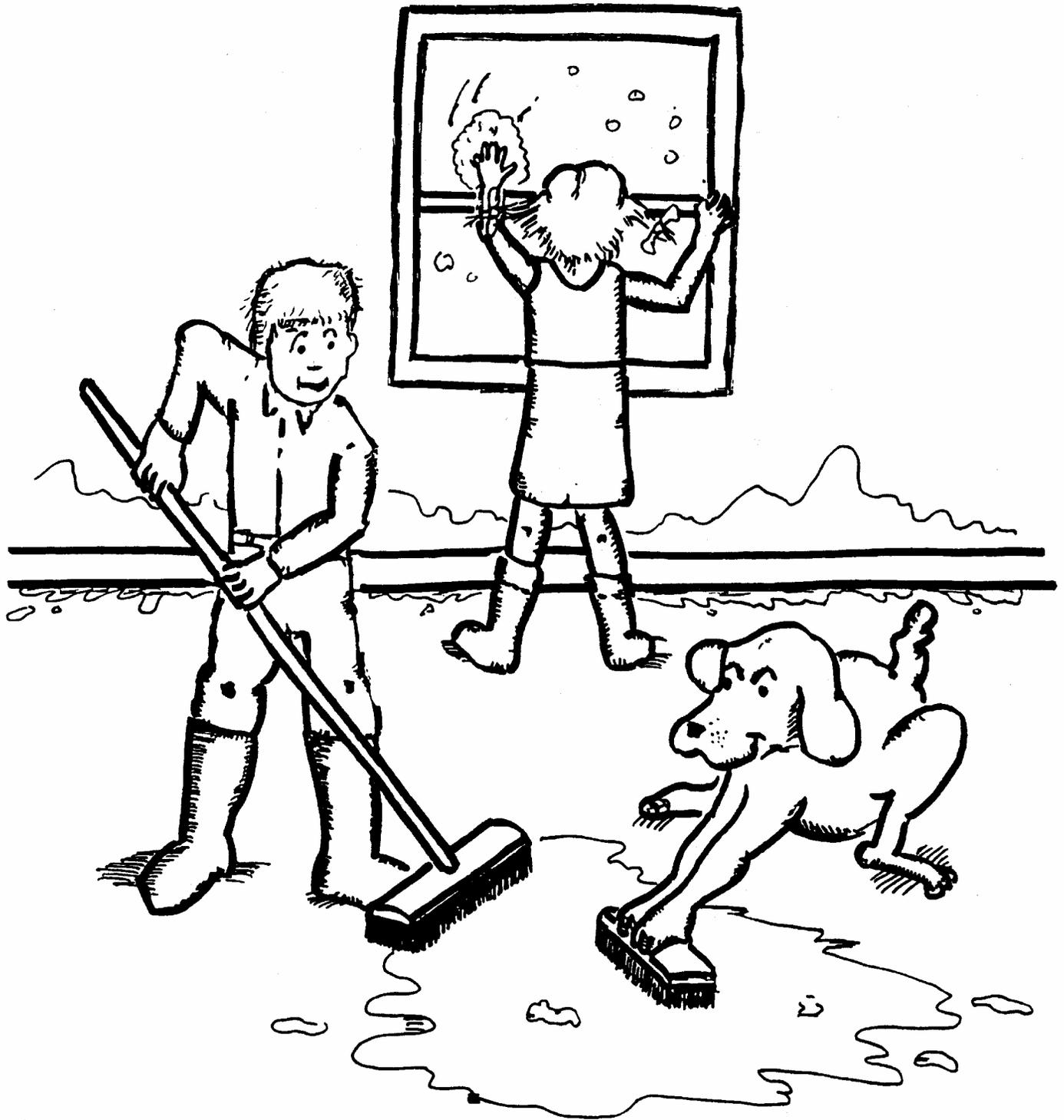
What are some ways you can let your anger out
without hurting others?

During the Storm and the Flood many things got broken and dirty and all wet.



Some things got lost in the Storm and the Flood.
My family lost _____ and
_____ and _____

Bingo and the family help clean up the mess.



How can you help?

The President of the United States came to see the damage from the storm and the flood.



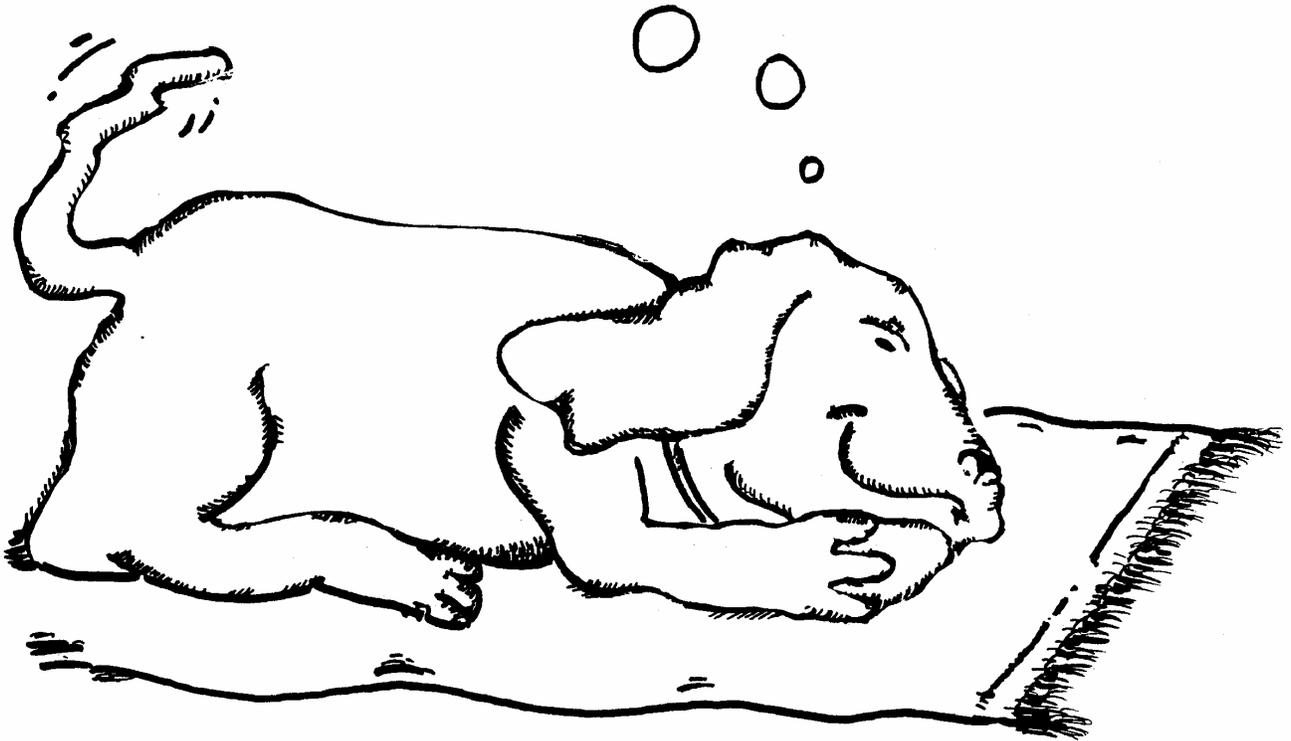
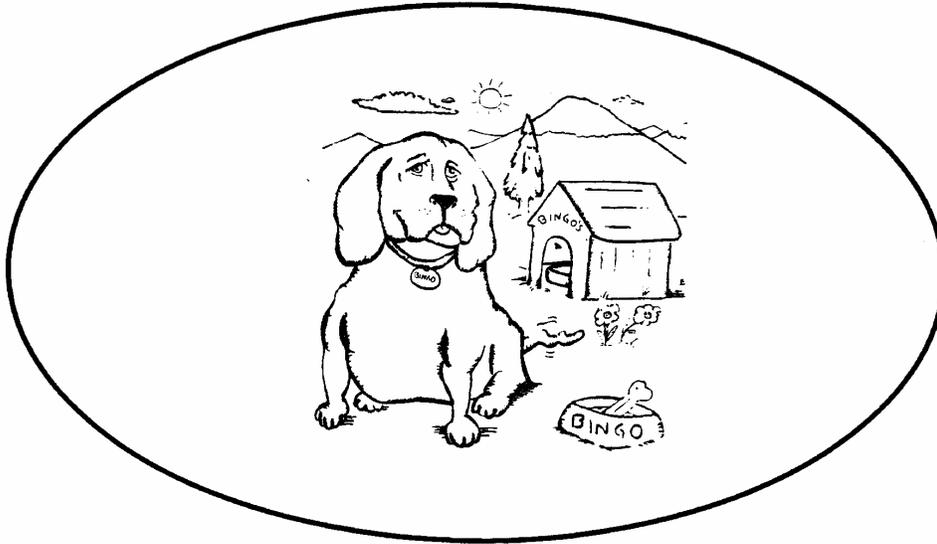
He flew in a helicopter to see ways that he and others could help clean up and rebuild.

A lot of nice people come help us stay safe and well while we rebuild our home after the great storm and flood.



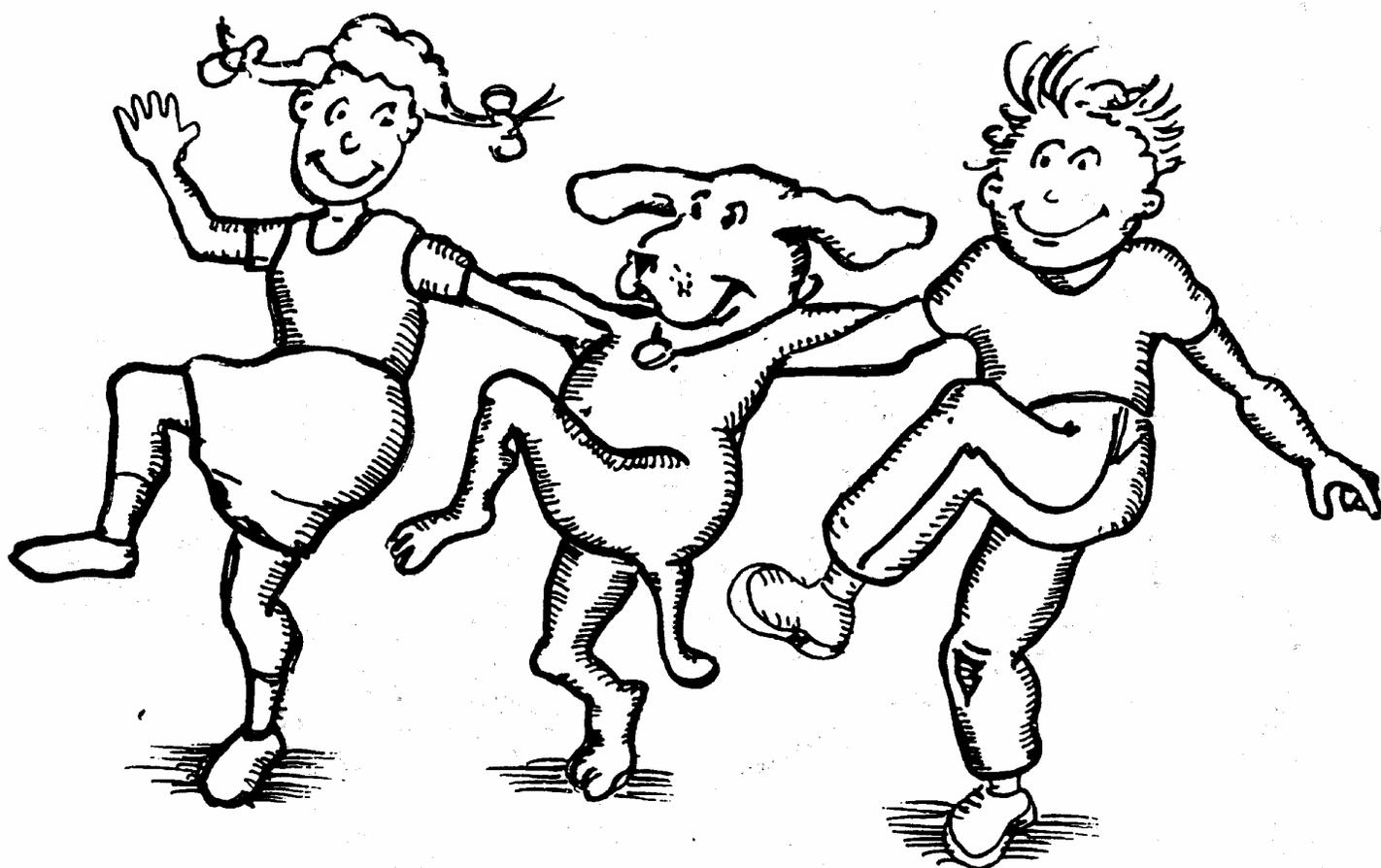
Who are the people helping you?

Sometimes I wish things were
like they used to be.



The things I miss most are: _____

Bingo can still laugh and dance and sing
after the storm and the flood.

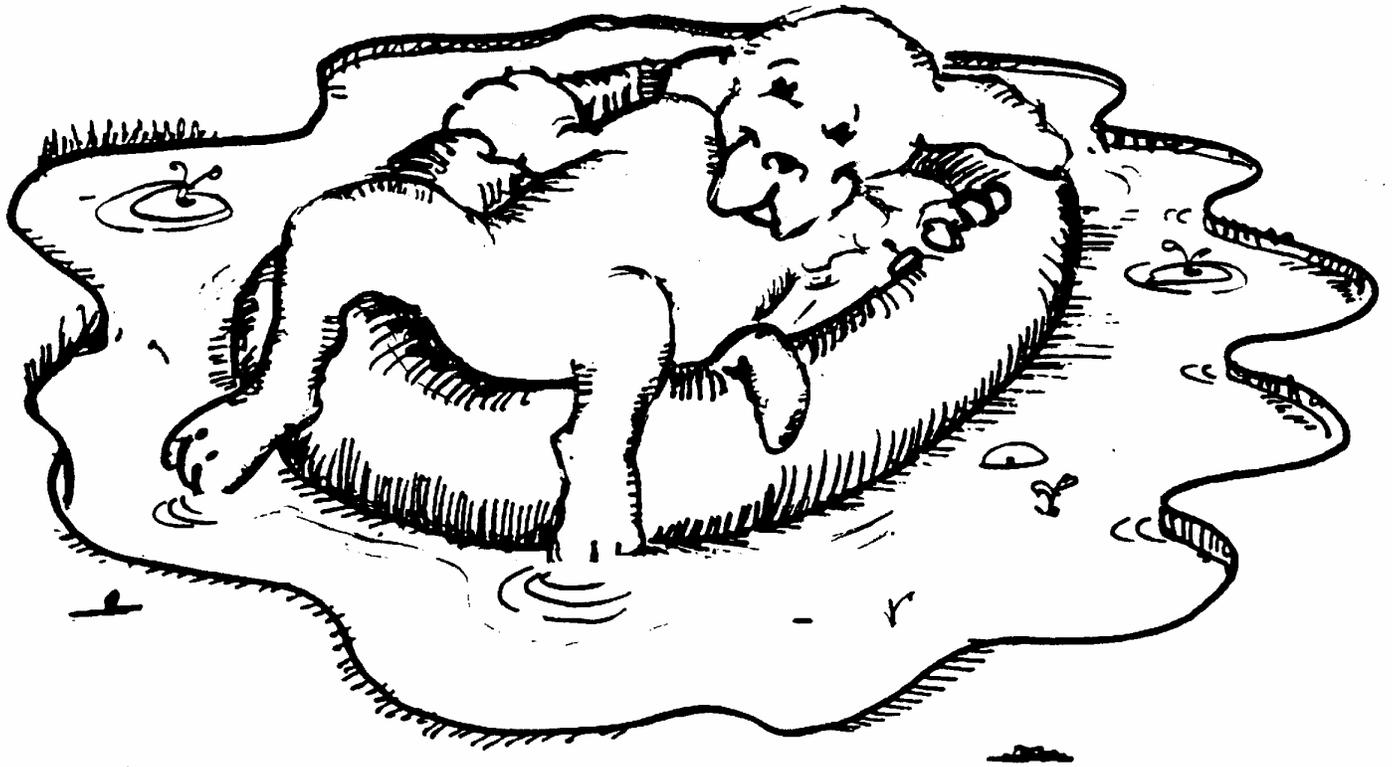


What are some things you like to do?

Nature will help us rebuild.



Our community and our home will be beautiful again when we all do our part.



We hope you enjoyed this book!

**The Parent Guide offers ways to use the book
and think about your recovery
from the storm and flood.**

PARENT GUIDE

Everyone who reads "The Great Storm and Flood Recovery" book to a child or children will benefit. This story book is designed to be a resource and to help parents and children recover emotionally, and to prevent further emotional problems caused by storms that cause flooding. Older children who read the story and help younger children will benefit as much or more. It is normal for children, and even adults, to be sad, fearful, upset or even afraid to be alone for months after a disaster. There has been a change in living conditions and family routines. Belongings and relationships may have been lost. Teaching responsibility while helping everyone express their thoughts and feelings is one of the most positive things you can do.

Read this book and talk with children when you have the time to sit down and can really listen. You can read the book over and over many times. Depending on the child's *age*, some pages will hold more interest than others. That's okay. Help them read at their own pace. Some children may want to color the book. That's okay too. There are no right-or-wrong answers when it comes to feelings or colors. Most children will eventually feel better by listening to the story, talking about the story and flood, and even by coloring the book. Problem behavior may come and go, but should eventually decrease.

It is important for children to share what they think and feel. Children need to be shown their feelings are accepted and understood, and not just told that people understand. Feelings should not be judged or punished, but you can help your children understand the impact of negative behavior such as hurting others or neglecting responsibility. It is helpful for older children to share their feelings in a simple way, especially if they felt the same way. Reassure children that they are safe. Spend extra time with small children at bedtime. Let your children decide on things they can do to help put family routines back to normal. Tell your children what you appreciate they did, and praise even the smallest positive effort. Find ways to help children do things they identify that make them happy. Encourage those activities. Show your children that you can still have fun together as a family as you rebuild your home life.

Emotional Consequences of a Flood

None of us are fully prepared to deal with a flood. We feel devastated whenever there is a loss, belongings or property are destroyed, or there is serious injury or a loss of life. *We* are overwhelmed when our children, friends, co-workers and loved-ones experience tragic, dangerous or life threatening events. Older children tend to have many of the same symptoms of adults, while very young children tend to talk more about stomach aches and other pains. Symptoms may come and go. Many people can function very well in a crisis, but will eventually experience some symptoms due to exhaustion and the effect of ongoing stress. Recognizing and discussing our emotional and physical reactions, as well as ways to effectively cope will help.

For Yourself

Take time to talk about the events, especially when your thoughts and feelings arise.

Talk with people who care about you.

Contact friends when you need support.

Be with someone, or if needed, have someone stay with you a few hours a day.

Maintain a normal schedule and routine as much as possible.

For Family & Friends

Listen carefully. *Ask* if they need your advice.

Don't take their anger or other feelings personally.

Show that you understand and you care.

Offer your assistance and a listening ear.

Reassure them they are O.K. and just be with them.

Don't avoid regular activities, or spending time with people impacted by the flood, but respect their need to be alone sometimes.

Steps to take if symptoms are severe or significant:

Symptoms can be significant when they interfere with usual activities, change behavior in significant ways, or they persist for more than two weeks.

Seek medical advice for any physical symptoms that are new, especially if you are having health problems and have not had a medical evaluation for these symptoms.

If you are unable to escape feelings of panic, depression or stress, or these symptoms are extreme or prolonged, contact a mental health professional for advice.

Seek help or advice from a qualified mental health professional if a child or an adult begins thinking or feeling suicidal.

Common Stress Reactions Following a Flood:

Anxiety, fear, panic or anger
Emotional numbing
Difficulty sleeping
Waking throughout the night
Nightmares or daydreaming
Exhaustion or mental fatigue
Change in appetite
Disbelief or denial of events
Reliving images of traumatic events
Dwelling on the event
Feeling easily angered or upset

Depression, or worsening fear, panic or depression
Accident proneness or problems concentrating
Increasing frustration or impatience
A tendency to isolate or withdraw
Neglecting or avoiding responsibilities
Fear or reluctance to be open or talk
Headaches, stomach aches, indigestion
Fear or reluctance to express emotions
Episodes or outbursts of crying or sadness
Children acting younger or less responsible
Children return to bed wetting or messing pants

Symptoms of Fear and Panic:

Rapid heart beat
Increased energy
Restlessness
Frustration
Irritability
Avoidance

Rapid or faster breathing
Dizziness or feeling faint
Weakness
Sweating or perspiring
Trembling or shaking
Muscle tension

Indigestion or stomach aches
Frightening images
Racing thoughts or poor memory
Dwelling on fearful possibilities
Problems performing tasks
Afraid to be alone, or clinging

Symptoms of Depression:

Too much or too little sleep
Significant increase or decrease in appetite
Loss of interest or pleasure in others or most activities
Feeling discouraged or worthless
A significant drop in performance in school or at work
Suicidal thoughts, feelings or self-harming behavior

Fatigue or loss of energy most of the time
Restlessness, fidgeting or pacing
Uncontrolled outbursts of crying,
Feeling sad, helpless or hopeless most of the time
Episodes of fear, tension or anxiety
Frustration, irritability, emotional outbursts.
Repeated physical complaints without medical cause (headaches, stomach aches, pain in arms or legs)
Abuse or increased use of alcohol or drugs

Helpful Hints to Recovery

Set a Healthy Example: Taking care of yourself is a very important part of helping others. It sets a good example, gives other people permission to take care of themselves and keeps you healthy and well.

Physical Activity: Maintaining regular exercise greatly increases resistance to the stress reactions associated with traumatic events and relieves the immediate symptoms of stress.

Nutrition: Health studies have shown that by moderating fats, sugar, caffeine, alcohol and smoking you can greatly improve your resistance to stress reactions and promote recovery.

Adequate Sleep: Try not to nap when you would normally be awake. Go to bed when you are sleepy and when you would normally sleep. Wake up when you normally would and try to avoid sleeping in. It is important to keep a regular sleep schedule as much of as possible.

Time Management: Try to schedule your time and meet as many of your usual commitments and activities as possible, Don't withdraw for an extended period of time. Avoid over extending yourself in your work or new commitments for long periods. Repeatedly over extending yourself is not healthy if you are doing it to avoid dealing with the emotional impact of the flood.

Talk It Out: Reaching out to friends or potential friends as a means of to establish supportive relationships can be a tremendous help. Talk about your feelings and stress reaction with someone who is a good listener, may have experience dealing with similar problems, and is most of all, supportive.

Remember Breathing: People under stress or experiencing panic unconsciously change their pattern of breathing. When you feel stressed or panicked, take 4 to 5 slow deep breaths that let you inhale and exhale completely. Relax your muscles as you exhale.

Be Assertive: Use healthy and effective communications skills that will let people know what you need or want. When you deliberately ask for what you need, you are less likely to resort to blaming others, becoming frustrated or disappointed when people don't know what you need.

Take Time To Be Alone: Try to spend some time or plan some time to be by yourself. Sometimes it helps to imagine quiet places or pleasurable activities like vacations, relaxing or enjoying a hobby.

Play: Plan and invest time in a few simple activities that are fun or entertaining.

Forgiveness: During a crisis people can't remember or do everything they would like. Forgiving yourself and expressing forgiveness to others is a key to recovery.

Be Open To Change Or Obtaining Assistance: If your behavior or emotional state is significantly changed by the flood and does not improve after a significant time, seek help from a qualified mental health professional.

Help Others: Helping others can be a good way to feel better and recover. We all feel a need to be useful and to help others, but don't help others all the time to avoid dealing with your own feelings.

Laugh: Laughter is a great stress reliever. A deeply felt laugh, or even moderate laughter, has been shown to release many stress reactions and symptoms of tension.

MENTOR

Research Institute

818 NW 17th Ave. Suite 2
Portland, OR 97209-2327

Board of Directors

Michaele P Dunlap, PsyD
President

Christine Glenn, PhD
Secretary

Katherine M Leonard, PhD
Treasurer

Michael G Conner, PsyD
Director

J L Jones
Director

Kevin Rea
Director

Internet Resources

www.MentorResearch.org

www.InCrisis.org

www.OregonCounseling.org

www.CrisisCounseling.org

www.HelpforParents.net

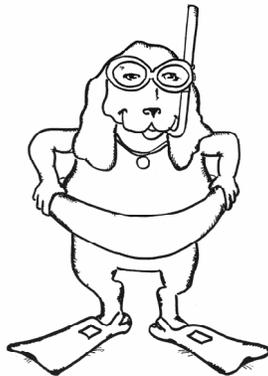
www.WildernessTherapy.org

www.OutdoorTherapy.org

www.UnabashedSelf.org

501 c 3 Non-Profit
Tax Id: 91-1777183

This book is a gift to children from Mentor Research Institute



© 1996 Michael G. Conner © 2005 Mentor Research Institute & Michael G. Conner.

Mentor Research Institute

a non-profit educational and research organization
with focus on mental health issues of youth and families;
homelessness, effective intervention, public and professional education.

Founded 1995



**Copies of this book may be printed and distributed by any
community agency or flood relief project.**

They may not be sold.

**Mentor Research Institute appreciates knowing how and where copies are
used and distributed. Please contact us.**

**Copies of a printable .pdf can be downloaded at:
<http://www.MentorResearch.org>**

The Great Storm and Flood Recovery

Children's Story & Activity Book

