

**Hong Kong Christian Service**  
**School Social Work Service**  
**School Support Service**

**Responding to Children's Emotions Evoked by  
the Blaze in Tai Po**

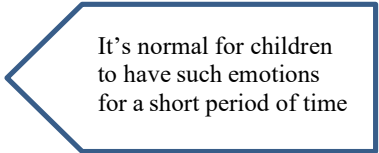
**[Tips for Parents with Children in Primary Schools]**

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Recently, the blaze occurred in Tai Po causing serious damage and affecting many families. Related news reports and video clips have been widely circulated on television and online platforms. Children who have viewed these reports or learned about the incident from others may experience negative emotions or feel unsettled. Here are some suggestions for parents on how to talk with their children, help them express their feelings, and support their emotional well-being during this period.

**Children may have the following emotions or behaviours when they learn about this incident:**

1. Regressive behaviours (e.g. bed-wetting) .
2. Irritability, frequent crying, or being easily reminded of upsetting experiences.
3. Becoming too clingy or seeking increased attention from parents or others.
4. Fear of darkness or night time, or having nightmares.
5. Avoidance of going to school.



It's normal for children  
to have such emotions  
for a short period of time

**If children have the above emotions or behaviours, parents can:**

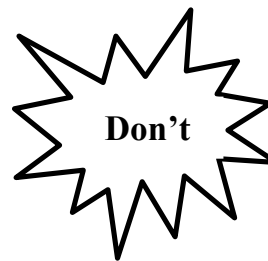
1. Accompany your children to make them feel safe and secure.
2. Allow children to express their feelings and opinions about the incident (using pictures, words or games). Accepting and recognizing their reactions are normal.
3. Help the children to maintain the routines of their daily life, e.g. meal and sleep time, etc., but allow some flexibility according to their situations at the same time.
4. Discuss with the children and find positive ways together to face their fear and anxiety. For example, singing, reading, playing toys, talking to others. At the same time, help your child relieve and manage feelings of anxiety and distress.
5. Accept children's temporary regressive behaviours (e.g. refusing to sleep alone, etc.) while encouraging them to return to age-appropriate behaviours.
6. Maintain a stable and comfortable environment for your children to enhance their sense of security and emotional stability.
7. Set a role model for your children. Beware of what you say about the incident. Express and deal with your own feelings and opinions appropriately.



**Do's**

**In the meantime, parents should avoid:**

1. Repeatedly playing or showing the disturbing videos or images.
2. Making extreme or judgmental comments about the incident.
3. Denying or despising your children's fear and other feelings (e.g. "Don't be afraid, there is nothing to be scared." or "It is coward to have any emotions on this")



**If necessary, parents may contact the following counseling organizations, or seek assistance from teachers or school social workers:**

Social Welfare Department	2343 2255	24-hour hotline
Hospital Authority Mental Health Direct	2466 7350	24-hour hotline
Mental Health Support Hotline	18111	24-hour hotline
The Boys' & Girls' Clubs Association of Hong Kong Hotline Service for Parents	2866 6388	Monday to Thursday 14:30 – 16:30
Lutheran Parents Hotline	3622 1111	Monday, Wednesday and Friday: 10:00 – 12:00 Tuesday and Thursday: 16:00 – 18:00 Whatsapp : 6587 0881
Hong Kong Red Cross Psychological Support Service (For Tai Po Blaze)	5164 5040	Whatsapp: 5164 5040 26/11: 20:30 - 00:00 27/11: 00:00 - 22:00 28/11: 10:00 - 22:00