

TALKING TO KIDS ABOUT THE LOS ANGELES WILDFIRES: AN ADULT & CAREGIVER GUIDE

Natural disasters can leave kids feeling scared and uncertain. Here are some resources that will help you navigate conversations about natural disasters with your kids and ways to support the people and places in Los Angeles impacted by the wildfires.

On January 7, 2025, wildfires broke out across Los Angeles county. Hundreds of thousands of residents have been forced to evacuate and tens of thousands of homes and buildings have been destroyed. The number of casualties is still unknown. While the extent of the devastation is yet to be seen, the impact is felt worldwide.

WANT TO HELP LOS ANGELES? HERE ARE SOME RESOURCES.

[Baby2Baby](#) - Provides critical items to kids impacted by disasters and natural events

[Best Friends Animal Society](#) - Offering help and support to local LA animal welfare organizations

[How to Help Victims of California Wildfires affecting Los Angeles County](#) - CBS News

[Salvation Army Southern California Division](#) - Providing aid for survivors

[World Central Kitchen](#) - Providing hot meals to first responders and families

WANT TO LEARN MORE? NICKELODEON IS HERE TO HELP.

[Recovering from Wildfires](#) - American Psychological Association

[Wildfires: What Parents Need to Know](#) - American Academy of Pediatrics

[Wildfire Safety](#) - American Red Cross

[10 Wildfire Safety Tips to Keep Kids Safe](#) - Save the Children

[Wildfire Safety Tips](#) - UNICEF

[NickHelps.com](#) for kids of all ages

TALKING TO KIDS ABOUT NATURAL DISASTERS: AN ADULT & CAREGIVER GUIDE

Having open conversations with your child about natural disasters can be essential to helping them understand and cope with tough events. When speaking, it is important to:

1. **Let them know they are safe and loved.** Starting these conversations with affirmations of your love will help them feel safe and secure to share their thoughts, feelings, and concerns. It may also ease some of their immediate worry or anxiety about what they may have seen or heard.
2. **Be their primary source of information.** Start by asking what they already know and what questions they have. Use their feedback as a guide for the conversation. Provide them with age-appropriate information to help frame their understanding and feel more informed. Then, discuss your family's values around kindness and empathy.
3. **Be patient, compassionate, and attentive.** One conversation may not be enough; they may need time to process the information and share their thoughts. Check-in with them over the next few days to see if any other questions or feelings have come up.
4. **Reach for support.** You may not have all the answers and that's okay. You might also be navigating your own feelings. Look to resources from reputable sources, like the ones at the end of this article. If needed, reach out to your community of loved ones. Know that [therapists and mental health professionals](#) are trained to help you and your family.

TAKING ACTION AT HOME & IN YOUR COMMUNITY

Explore these activities and resources with your child and use them to take action, spread positivity, and show care.

- **Build empathy:** Help your child understand how others feel by reading books that highlight empathy and compassion for young readers. Ask your local librarian for recommendations, or check out this [book list](#).
- **Envision a brighter future:** Talk to your child about their hopes for a brighter future. [Listen to these kids share](#) their vision of peace and unity. Then, create your own [vision board](#) that you can return to when you need hope and comfort.
- **Practice self- and community-care:** Look for ways you and your family can support those in your community who may be struggling. Check-in with or deliver a meal to family, friends, and neighbors. Remember, you and your child need care, too. Use this [self-care checklist](#) to explore calming actions that can help you both feel better. [Deep \(sea\) breathing](#) can also help create soothing moments together.

WANT TO LEARN MORE? NICKELODEON IS HERE TO HELP.

[Talking with Kids about Disasters](#) - American Academy of Pediatrics
[Talking to Kids about Natural Disasters](#) - American Academy of Child and Adolescent Psychology
[Helping Kids after a Natural Disaster: Tips for Parents and Educators](#) - National Association of School Psychologists