

HURRICANE IAN RECOVERY RESOURCES FOR PARENTS AND CAREGIVERS



Parents and caregivers play a vital role in helping children feel safe and secure.

In the aftermath and recovery from Hurricane Ian, children may need an outlet to process their emotions and discuss grief. Here are tips and resources to help your family manage stress and obtain support.

TALKING TO KIDS

STAY GROUNDED

Children react to your emotional state. Be mindful of both what you say and how you say it.

BALANCE INFORMATION

Oversaturation on one topic can create more anxiety. Try to offer other focuses for children and engage their interests.

BE AVAILABLE

Children may feel confused, insecure, and curious. Take time to talk and answer questions with compassion.

COPING & MANAGING STRESS

SUPPORT WELLNESS

Engage in activities that connect you and your family, such as taking walks or playing. Create space for rest, such as meditation or deep breathing exercises.

SEEK CONNECTION

Reach out to support systems to express your feelings and needs.

SELF-CARE & RESTORATION

Remember to tune in to your needs while supporting others. Bring focus to what's going well or opportunities for gratitude to create more balance during times of stress.

TODDLERS & PRESCHOOLERS

PATIENCE

Try to be patient with children during this time of instability by communicating more and holding space for them to express their emotions.

COMPASSION

Offer hugs, high-fives, praise, and other positive reinforcements to encourage feelings of security in children. Be sure to give yourself compassion, too.

RESOURCES

MENTAL HEALTH & CRISIS SERVICES

Substance Abuse & Mental Health

[MyFLFamilies.com/service-programs/samh](https://myflfamilies.com/service-programs/samh)

HURRICANE IAN RESPONSE & RECOVERY

Evacuation Orders

floridadisaster.org/evacuation-orders

Open Shelters

floridadisaster.org/shelter-status

Power Outage Reports

[PSC.STATE.FL.US/Home/HurricaneReport](https://psc.state.fl.us/Home/HurricaneReport)

American Red Cross

redcross.org/get-help/disaster-relief-and-recovery-services.html

School Closures & Reopenings

fldoe.org/em-response/storm-info.stml

ACCESS FLORIDA

Food Assistance

[MyFLFamilies.com/service-programs/access/food-assistance-and-suncap.shtml](https://myflfamilies.com/service-programs/access/food-assistance-and-suncap.shtml)

Temporary Cash Assistance

[MyFLFamilies.com/service-programs/access/temporary-cash-assistance.shtml](https://myflfamilies.com/service-programs/access/temporary-cash-assistance.shtml)

Medicaid

[MyFLFamilies.com/service-programs/access/medicaid.shtml](https://myflfamilies.com/service-programs/access/medicaid.shtml)

Refugee Assistance

[MyFLFamilies.com/service-programs/refugee-services](https://myflfamilies.com/service-programs/refugee-services)

Food Replacement

[MyFLFamilies.com/hurricaneian](https://myflfamilies.com/hurricaneian)

FAMILY RESOURCE CENTERS

Family Resource Support Centers

are a central location for access to community resources and support. Department staff are on-site, including Hope Navigators, behavior health partners who specialize in disaster recovery response, and public benefit eligibility specialists to help individuals and families who need assistance due to Hurricane Ian. Visit [MyFLFamilies.com/FRSC](https://myflfamilies.com/FRSC) for details and hours, or call **850-300-HOPE** to speak with a Hope Navigator.



FLORIDA DEPARTMENT
OF CHILDREN AND FAMILIES
[MYFLFAMILIES.COM](https://myflfamilies.com)



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