7 TIPS TO COMFORT CHILDREN AND HELP THEM COPE WITH THE BEIRUT EXPLOSION:

1. Remain as calm as possible in front of the children. They often learn how to react by looking at their parents or caregivers.

2. Avoid watching, listening to or discussing upsetting news when children are around.

3. Respond tenderly to your children if they are clingy, withdrawn, aggressive, agitated or are bedwetting. Provide more hugging.

4. Provide them with simple honest answers about what happened and allow them to repeat the story as much as they need to for processing.

5. Ask children about how they feel. Help them express their feelings, and show that you are listening to them.

6. Try to keep their normal routine as much as possible. Children will feel safe and secure.

7. Allocate time for playing together and for physical activity that you can do with them. Minimize unnecessary separations.