

Bullet Points for Wildfire Webinar

Transitioning Home

Dr. Lyndee Venosta

1. Talking with Your Spouse

a. Acknowledge the Transition

- Explain that returning home after a major fire takes an adjustment period.
- Exhaustion, mood changes, or the need for decompression time.

b. Sharing the Experience

- Give a general idea of what happened, focusing on teamwork, and positive outcomes.
- Avoid overly graphic or distressing details that could cause unnecessary worry.
- Address any concerns your spouse had while you were gone.

c. Emotional & Mental Well-being

- Be open about your feelings (stress, exhaustion, pride, frustration, etc.).
- Discuss any lingering emotions such as guilt, grief, or relief.
- Reassure them that you will reach out for support if needed.

d. Reintegrating into Family Life

- Express interest in what your spouse experienced while you were away.
- Acknowledge that their routine had to adjust in your absence.

- Discuss any challenges they faced and how you can support them now that you're home.

e. Rebuilding Connection

- Plan time together (walk the dog).
- Avoid rushing back into responsibilities; take time to reset together.
- Express gratitude for their support and patience.

2. Talking with the Kids

a. Addressing Their Concerns

- Kids may have been worried about your safety; assure them that you are home and safe.
- Explain the situation in simple, age-appropriate terms (e.g., "We worked hard to put out a big fire and helped a lot of people.").
- Ask if they had any fears or worries while you were away.

b. Reassuring Stability

- Let them know you missed them and are happy to be home.
- Re-establish routines and spend quality time with them.
- If your child seems anxious, reinforce that firefighters train to stay safe.

c. Explaining the Importance of Your Job

- Help them understand why you do what you do (e.g., "My job is to help people when they need it most.").

- Emphasize the teamwork and safety measures involved.
- If they express fear about you leaving again, acknowledge their feelings while reassuring them of your safety.

d. Encouraging Them to Share Their Feelings

- Ask how they felt while you were gone; validate any emotions they express.
- If they had a hard time, reassure them that it's okay to feel that way.
- Let them know they can always talk to you about their worries.

e. Reconnecting Through Activities

- Engage in fun activities to re-establish your bond.
- Let them pick a game, movie, or outdoor activity to do together.
- Maintain bedtime rituals (reading a book, talking about their day).