



NCES  
U.S. DEPARTMENT OF EDUCATION

## Helping Children Cope With Loss, Grief, and Care After the September 11 Attacks

September 11, 2001, was a day that changed the lives of millions of people in the United States. In the days and weeks following the attacks, many people lost loved ones, friends, and neighbors. Many people were injured, and many people were displaced from their homes. The impact of the attacks was felt across the country, and the grief and loss that followed were profound.

### Helping Children

Children who were affected by the September 11 attacks may have experienced a range of emotions, including fear, sadness, and confusion. They may also have experienced changes in their behavior, such as withdrawal, aggression, or difficulty concentrating in school. It is important for parents and caregivers to provide support and reassurance to children who are grieving.

1. Encourage children to express their feelings and thoughts about the events of September 11.
2. Provide children with information about the events of September 11 in a way that is appropriate to their age and understanding.
3. Encourage children to spend time with family and friends, and to engage in activities that they enjoy.
4. Seek professional help if you are concerned about your child's emotional well-being or if your child is having difficulty coping with the loss.

### Helping Children Cope

There are many ways to help children cope with the loss and grief they are experiencing. Some of the most effective ways to help children cope are to provide them with support, reassurance, and information.

1. Listen to your child's feelings and thoughts about the events of September 11.
2. Provide your child with information about the events of September 11 in a way that is appropriate to their age and understanding.
3. Encourage your child to spend time with family and friends, and to engage in activities that they enjoy.