



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 children and their families experienced loss, grief, and fear. This document provides information to help parents and caregivers understand and support their children's emotional and behavioral responses.

Helping Children

Understand and Cope With Loss, Grief, and Care
After the September 11 Attacks
This document provides information to help parents and caregivers understand and support their children's emotional and behavioral responses. It includes a list of key messages and a list of resources.

1. Children may experience a range of emotions, including fear, sadness, and anger, in the days and weeks following the attacks.
2. Parents and caregivers should provide a safe and supportive environment for children to express their feelings and concerns.
3. Children may have difficulty sleeping, eating, or concentrating in school. Parents and caregivers should be sensitive to these changes and provide extra support.
4. Children may have questions about the attacks and the safety of the world. Parents and caregivers should provide honest and age-appropriate answers.

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