



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 and resources to help children and their families cope with these challenges.

### Helping Children

Children who have experienced the September 11 attacks may have a variety of emotional and behavioral reactions. Some children may feel sad, angry, or scared. Some children may have trouble sleeping or concentrating in school. Some children may have trouble talking about what happened. It is important to be patient and understanding with children who are coping with these challenges.

1. **Be patient and understanding.** Children who are coping with the September 11 attacks may have a variety of emotional and behavioral reactions. It is important to be patient and understanding with children who are coping with these challenges.
2. **Provide emotional support.** Children who are coping with the September 11 attacks may need emotional support. This support can come from family members, friends, and community members. Encourage children to talk about their feelings and experiences.
3. **Encourage children to express their feelings.** Children who are coping with the September 11 attacks may have trouble talking about what happened. Encourage children to express their feelings through writing, drawing, or other creative activities.
4. **Help children understand the news.** Children who are coping with the September 11 attacks may have trouble understanding the news. Help children understand the news by providing them with age-appropriate information and resources.

### Helping Children's

Teachers and other professionals who work with children who have experienced the September 11 attacks may need additional resources and information. This document provides information and resources to help these professionals support children who are coping with these challenges.

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