



NCES
U.S. DEPARTMENT OF EDUCATION

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

The September 11 attacks have brought grief and loss to millions of people in the United States and around the world. Children and their families are being affected in many ways. This report provides information to help parents, teachers, and other adults understand and help children cope with grief and loss.

Helping Children

Children who have experienced a traumatic event, such as the September 11 attacks, may have difficulty coping with the loss. They may feel sad, angry, or scared. They may have trouble sleeping, eating, or concentrating in school. They may also have physical symptoms, such as headaches or stomachaches. It is important to help children understand their feelings and provide them with support and comfort.

1. **Listen to children's feelings.** Encourage children to talk about their feelings and experiences. Let them know that it is okay to feel sad, angry, or scared.
2. **Provide emotional support.** Let children know that you are there for them and that you care about them. Hug them and tell them that you love them.
3. **Encourage children to express their feelings.** Encourage children to draw, write, or sing about their feelings. This can help them to express their emotions in a safe and healthy way.
4. **Help children understand the news.** Children may be confused by the news coverage of the September 11 attacks. Help them understand what happened and why it is important.

Helping Children's

Teachers and other adults who work with children can also help them cope with grief and loss. They can provide emotional support, listen to children's feelings, and help them understand the news. They can also encourage children to express their feelings and provide them with support and comfort.

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