



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. It was a day that brought a sense of tragedy and loss to many people. The events of that day have had a profound impact on the lives of children and their families. This document provides information on how to help children cope with loss, grief, and care after the September 11 attacks.

Helping Children

Children who were directly involved in the September 11 attacks, or who knew someone who was, may experience a range of emotional and behavioral problems. These problems may include feelings of fear, sadness, and anger. Children may also have difficulty concentrating in school, sleeping, or eating. It is important to provide children with a safe and supportive environment where they can express their feelings and receive the help they need.

1. Encourage children to talk about their feelings and experiences. This can help them to process their emotions and reduce their stress.
2. Provide children with information about the events of September 11, 2001, in a way that is appropriate to their age and understanding. This can help them to understand what happened and why.
3. Encourage children to participate in activities that are enjoyable and relaxing. This can help them to distract themselves from their thoughts and feelings.
4. Seek professional help if you are concerned about your child's emotional or behavioral problems. A mental health professional can provide support and guidance for you and your child.

Helping Children's

Teachers and other school staff can play a key role in helping children cope with loss, grief, and care after the September 11 attacks. This document provides information on how to help children cope with loss, grief, and care after the September 11 attacks.

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