



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 have been affected by the September 11 attacks may experience a range of emotions, including sadness, anger, and fear. It is important to help children understand their feelings and provide them with the support they need to cope with their loss. This document provides information on how to help children cope with loss, grief, and care after the September 11 attacks.

1. **Recognize and validate children's feelings.** Children who are grieving may experience a range of emotions, including sadness, anger, and fear. It is important to help children understand their feelings and provide them with the support they need to cope with their loss.
2. **Provide children with information.** Children who are grieving may have a lot of questions about the events of September 11. It is important to provide them with accurate information and answer their questions as best as you can.
3. **Encourage children to express their feelings.** Children who are grieving may have a hard time expressing their feelings. Encourage them to write, draw, or talk about their feelings.
4. **Help children maintain a routine.** Children who are grieving may have a hard time maintaining a routine. Help them establish a regular schedule for eating, sleeping, and going to school.

Helping Children's

Teachers and other professionals who work with children who have been affected by the September 11 attacks may find this document helpful. It provides information on how to help children cope with loss, grief, and care after the September 11 attacks.

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