



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 were directly affected by the September 11 attacks, as well as children who were indirectly affected through family members, may experience a range of emotional and behavioral reactions. These reactions may include sadness, anger, fear, and confusion. 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 express their feelings and thoughts about the events and the people who were affected.
2. Provide children with information about the events and the people who were affected, in a way that is appropriate to their age and understanding.
3. Encourage children to spend time with family members and friends who can provide them with support and comfort.
4. Encourage children to engage in activities that they enjoy, such as reading, drawing, and playing.

Helping Children's

Teachers and other professionals who work with children who have been affected by the September 11 attacks should be aware of the signs and symptoms of grief and loss. They should also be aware of the resources available to help children and their families cope with these challenges.

1. Encourage children to talk to their teachers about their feelings and thoughts about the events and the people who were affected.
2. Encourage children to participate in activities that help them feel better, such as reading, drawing, and playing.
3. Encourage children to spend time with family members and friends who can provide them with support and comfort.