



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 people lost loved ones, friends, and neighbors. Many people were injured, and many people were displaced from their homes. The impact of the attacks was felt across the country, and the grief and loss that followed were profound.

Helping Children

Children who were affected by the September 11 attacks may have experienced a range of emotions, including fear, sadness, and confusion. They may have had difficulty sleeping, eating, or concentrating in school. They may have had trouble talking about what happened, or they may have had trouble talking about their feelings. It is important for parents and caregivers to be sensitive to the needs of these children and to provide them with the support and resources they need to cope with their loss and grief.

1. **Be sensitive to children's reactions.** Children who were affected by the September 11 attacks may have experienced a range of emotions, including fear, sadness, and confusion. They may have had difficulty sleeping, eating, or concentrating in school. They may have had trouble talking about what happened, or they may have had trouble talking about their feelings. It is important for parents and caregivers to be sensitive to the needs of these children and to provide them with the support and resources they need to cope with their loss and grief.
2. **Provide a safe and supportive environment.** Children who were affected by the September 11 attacks may have had difficulty sleeping, eating, or concentrating in school. They may have had trouble talking about what happened, or they may have had trouble talking about their feelings. It is important for parents and caregivers to provide a safe and supportive environment for these children, and to be sensitive to their needs and feelings.
3. **Encourage children to talk about their feelings.** Children who were affected by the September 11 attacks may have had difficulty sleeping, eating, or concentrating in school. They may have had trouble talking about what happened, or they may have had trouble talking about their feelings. It is important for parents and caregivers to encourage children to talk about their feelings, and to provide them with the support and resources they need to do so.
4. **Seek professional help if needed.** Children who were affected by the September 11 attacks may have had difficulty sleeping, eating, or concentrating in school. They may have had trouble talking about what happened, or they may have had trouble talking about their feelings. It is important for parents and caregivers to seek professional help if needed, and to provide their children with the support and resources they need to cope with their loss and grief.

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