



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 have experienced the September 11 attacks may have a variety of emotional and behavioral reactions. Some children may feel sad, angry, or scared. Some children may have trouble sleeping or concentrating in school. Some children may have trouble talking about what happened. It is important to be patient and understanding with children who are coping with these challenges.

1. **Be patient and understanding.** Children who are coping with the September 11 attacks may have a variety of emotional and behavioral reactions. It is important to be patient and understanding with children who are coping with these challenges.
2. **Provide emotional support.** Children who are coping with the September 11 attacks may need emotional support. This support can come from family members, friends, and professionals.
3. **Encourage children to talk about their feelings.** Children who are coping with the September 11 attacks may have trouble talking about what happened. It is important to encourage children to talk about their feelings.
4. **Help children understand what happened.** Children who are coping with the September 11 attacks may have trouble understanding what happened. It is important to help children understand what happened.

Helping Children's

Teachers and other professionals who work with children who have experienced the September 11 attacks may need resources to help them understand what happened and how to help children cope with these challenges.

1. **Get support from other professionals.** Teachers and other professionals who work with children who have experienced the September 11 attacks may need support from other professionals.
2. **Use resources to help children understand what happened.** Teachers and other professionals who work with children who have experienced the September 11 attacks may need resources to help children understand what happened.
3. **Help children understand what happened.** Teachers and other professionals who work with children who have experienced the September 11 attacks may need help to help children understand what happened.