

Parents Helping Children Tips for the Anniversary of September 11th

1. Talk with your child about the upcoming anniversary.
2. Ask what your child thinks and feels about what happened last year.
3. Spend enjoyable family time together.
4. Listen to what the child tells you about their fears.
5. Take charge of any disruptive behavior or acting out of fear or anger from your child.
6. Reassure your child and emphasize the safety of your family.
7. Refrain from making false promises like “nothing can ever hurt you.”
8. Talk to children about the role of government and police in helping our country stay safe.
9. Limit your child’s television viewing, especially replays of disturbing footage from last year.
10. Supervise the TV coverage your child does watch and take an active role in discussing your child’s thoughts with him or her.
11. Show your child affection; the desire for emotional closeness is natural at times like these.
12. Stay aware of your own fears and uncertainties; these will have an affect on your child.
13. Consider if you and your children can do something positive in your community to commemorate the anniversary.
14. Participate in a memorial activity, if possible; emphasize the positive and renewed sense of patriotism the country has experienced since September 11, 2001.

If you have concerns about your children, your Employee Assistance Program can help.