

VAPT enote
APRIL 2011

Dear VAPT members,
Families and children in southwest Virginia and other states are 'weathering' tough times right now.

It happens that I was in Washington County today to present a workshop and witnessed signs of destruction and loss along with signs of help and care. I observed neighbors helping cars line up at a gas station, hopeful that the two loaned generators would have enough power to start the pumps; the cashier giving painstaking directions to help us try to make a safe back road circuit around closed hi-ways and downed power lines, the convoys of repair trucks, emergency vehicles and helicopters bringing aid and recovery.

I did not get to see, but wish to thank Tina Teaster and the generous VAPT members who conducted a session while I was still stalled in traffic on I-81 - Thank you for sharing your expertise.

A colleague of Norma White, VAPT member, shared this information from the National Child Traumatic Stress Network.

You will find several fact sheets for parents, teachers, teens, and children dealing with the impact of severe weather.

Feel free to forward to others in your community:

[After the Tornado: Helping Young Children Heal](#) (PDF)

[Parent Guidelines for Helping Children after a Tornado](#) (PDF)

[Questions To Ask Your Children About the Tornado](#) (PDF)

[Teacher Guidelines for Helping Students after a Tornado](#) (PDF)

[Tornado Response for Kids: Right after a Tornado](#) (PDF)

[Tornado Recovery for Kids: Making Things Better](#) (PDF)

[Tornado Response for Teens: Right after a Tornado](#) (PDF)

[Tornado Recovery for Teens: Making Things Better](#) (PDF)

[Tips for Parents on Media Coverage of the Tornadoes](#) (PDF)

Please also check out the new Psychological First Aid page on the NCTSN website (<http://www.nctsn.org/content/psychological-first-aid>) . You can download the entire manual or parts of it in English, Japanese, Spanish, and Chinese.

Playful and grateful,
Anne