



August 2011



Dear VAPT members,

I hope your summer has been fun and eventful and you are ready for our next beautiful season in Virginia. As fall approaches, we will, together, commemorate the 10th anniversary of 9/11. I have compiled some resources (and reproduced their accompanying website descriptions) to support us as we remember, reflect and strengthen our collective resolve to create a safe and secure future for the children of the world.

Playfully,
Anne

A reminder - Create an opportunity to remind adults to monitor children's exposure to media images (and our own exposure, as well). This is particularly important for young children and those with preexisting trauma risk. Protective factors can include maintaining routines and a sense of normalcy, focusing on positive family interactions and taking action to help in your neighborhood, school and community.

Teaching Tolerance

(Teaching Tolerance is a resource to share with educators.)

<http://www.tolerance.org/blog/bringing-911-classroom-10-years-later>

Need Help With Tough 9/11 Questions?

As the 10th anniversary of 9/11 approaches, educators must be prepared to anticipate student questions and to lead sensitive class discussions. Most importantly, they need to be mindful of who is in the room and how those students may have been impacted. Teaching Tolerance Director Maureen Costello offers tips for handling this challenging topic. "For many children this anniversary will be the first time they've really talked about 9/11 in school," Costello says. "... Plan ahead by meeting with other teachers to brainstorm likely questions and to decide what's age-appropriate."

NCTSN - National Child Traumatic Stress Network

www.nctsn.org

The anniversary of a traumatic event, whether a national tragedy or a personal loss, can serve as a powerful reminder of earlier reactions to the tragedy, and can trigger renewed feelings of anxiety, sorrow, and concerns about the future. These reactions can then interfere with daily functioning at home, work, or school.

For the tenth anniversary of 9/11, the National Child Traumatic Network (NCTSN) has compiled a directory of resources for families, youth, educators, disaster response workers, medical personnel, and mental health professionals to help them deal both with recurring reactions and with current stresses and adversities.

Here is an example of one of the information sheets:

Tips for Families on Anticipating Anniversary Reactions to Traumatic Event

<http://www.nctsn.org/sites/default/files/tips%20for%20families%20on%20anticipating%20anniversary%20reactions%20to%20traumatic%20events.pdf>

NASP – National Association of School Psychologists

http://www.nasponline.org/resources/crisis_safety/9-11/index.aspx

10th Anniversary of September 11, 2001

NASP offers the brief information below to support parents, educators, and other caregivers helping children understand the many facets of the 10th Anniversary of September 11, 2001.

It is important to remember those who died, honor those who keep the country safe, and reflect on the country's resilience. Some children and adolescents may experience or re-experience strong feelings related to the attacks because of their personal circumstances. Adults can help them process their reactions in a healthy way.

We can also take this opportunity to foster children's resilience and coping skills, and to help them see themselves as a positive force in their world, despite adversity.

Here is an example of one of the handouts:

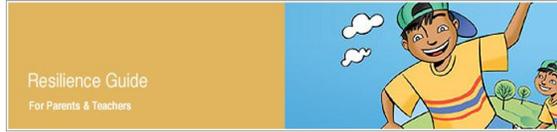
10th Anniversary of September 11: Fostering Optimism and Resilience

http://www.nasponline.org/resources/crisis_safety/9-11/10th_Anniversary_Resilience_and_Optimism.pdf

APA – American Psychological Association

An APA Psychology Help Center resource:

Resilience Guide



Information about ways to support healthy coping for parents and teachers.

<http://www.apa.org/helpcenter/resilience.aspx>

Educators for Social Responsibility

ESR has assembled guide for helping teachers assist children in understanding world events.

Dealing with crisis and teaching about traumatic events.

<http://esnational.org/special-projects/understanding-world-events/>

NY Times - Explaining 9/11 to a Muslim Child

A New York Times (2009) by a Muslim mother, about how to explain 9/11 to her child.

<http://parenting.blogs.nytimes.com/2009/09/11/explaining-911-to-a-muslim-child/>

Other information:

Visit the 9/11 Memorial and 9/11 Museum

Take a virtual tour of the memorial:

<http://www.911memorial.org/take-virtual-visit>