

**OPM's Office of Work/Life Programs has compiled information and web links that are helpful in dealing with the aftermath of tragedy, such as that experienced on September 11, 2001:**

**Significant guidance is available on assisting children.** Some general advice from the experts includes:

1. Continuously reassure your children that you will help to keep them safe. Children respond to a sense of security. They need a lot of hugs. They will need repeated support and reassurance.
2. Turn off the TV. Overexposure to the media can be traumatizing. If your older children are watching the news, be sure to watch with them. Limit exposure to minimize risk for all family members. Instead, talk to each other and read books together.
3. Be aware that your child's age will affect his or her response. Adolescents in particular may be hard hit by these kinds of events. Obtaining counseling for a child or adolescent soon after a disaster may reduce long-term effects.
4. Contact your child's school. Partner with them to provide assistance and exchange information. Your child's teacher provides significant guidance. Be aware of what is being shared. Spend time with your child discussing what was accomplished or discussed at school.
5. Calmly express your emotions. Your ability to stay calm will provide a greater sense of security for your child.
6. Give your children extra time and attention and plan to spend more time with your children in the following months.
7. Let your children ask questions, talk about what happened, and express their feelings.
8. Play with children who can't talk yet to help them work out their fears and respond to the atmosphere around them.
9. Keep regular schedules for activities such as eating, playing and going to bed to help restore a sense of security and normalcy.
10. Consider how you and your child can help. Children are better able to regain their sense of power and security if they feel they can help in some way.

The following sites address issues with children:

- **The Parent Center:** [www.parentcenter.com/general/34754.html](http://www.parentcenter.com/general/34754.html)

- **American Academy of Pediatrics:**  
[www.aap.org/advocacy/releases/disastercomm.htm](http://www.aap.org/advocacy/releases/disastercomm.htm)
- **American Psychological Association:**  
<http://helping.apa.org/therapy/traumaticstress.html#children>
- **American Academy of Child and Adolescent Psychiatry:**  
<http://www.aacap.org>

**Additional information on a variety of related subjects is available at the following sites:**

- **First Gov** provides a consolidation of various links and resources at <http://www.firstgov.gov/featured/usgresponse.html>
- The **Department of Justice** has an excellent resource for victims at <http://www.ojp.usdoj.gov/ovc/familycallcenter.htm>.  
The publications section provides a book called Responding to Terrorism Victims: Oklahoma City and Beyond that is very useful.
- The **Federal Emergency Management Agency** provides information on financial assistance and other issues at <http://www.fema.gov>
- The **National Institute of Mental Health** provides excellent guidance at <http://www.nimh.nih.gov/anxiety/ptsdmenu.cfm>
- The **Oklahoma City National Memorial** shares their experiences with us at <http://www.oklahomacitynationalmemorial.org/>
- The **Oklahoma City National Memorial Institute for the Prevention of Terrorism** shares their knowledge and experience at <http://www.mipt.org/index2.html>
- The **International Critical Incident Stress Foundation, Inc.** provides guidance and studies on interventions after traumatic events at <http://www.icisf.org>
- The **Employee Assistance Professionals Association** website provides links to excellent resources at <http://www.eap-association.org>
- The **LifeCare** website provides a variety of resources at <http://www.lifecare.com/emergency/index.html>
- **TAPS**-The Tragedy Assistance Program for Survivors is a national non-profit organization made up of, and providing services to, all those who have lost a loved one while serving in the Armed Forces. The Resource Room on this site has several excellent links. Again, the focus of this organization is assistance to DOD personnel; however, all can benefit from the information. This is available at is available at <http://www.taps.org>