Children sense the anxiety and tension in adults around them.

Each child responds differently to tragic events, depending on his or her experiences, understanding, and maturity.

Children will interpret the tragic event as a personal danger to themselves and those they care about.

Your child needs to talk about his or her feelings.

Remember that our children are more vulnerable to stress due to our continued reactions to events of September 11, 2001, and their aftermath.

Signs of Stress
Parents should be alert to these changes in a child’s behavior now or in the future:

- Persistent fears related to the incidents (such as fears about being hurt or being permanently separated from parents)

- Sleep disturbances such as nightmares, screaming during sleep, and/or bed wetting which persist more than several days after the event

- Loss of concentration and irritability

- Change in activity level

- Behavior problems, such as, misbehaving in school or at home in ways that are not typical of the child

- Physical complaints (stomachaches, headaches, dizziness) for which a physical cause cannot be found

- Withdrawal from family and friends, sadness, listlessness

- Preoccupation with the events of the incident