

Experiencing, witnessing, or even hearing of a traumatic incident such as this may affect a child or adult in a variety of ways; therefore, it is very important that students be given ample opportunities to ask questions and to talk about their reactions. For some students, the death of someone they know may remind them of other losses in their lives. For others, this may be their first encounter with such a traumatic event.

Children may be especially upset and express feelings about the crisis. These reactions are normal and usually will not last long.

Listed below are some responses you may see in your child:

- Excessive fear of darkness, separation, or being alone
- Clinging to parents, fear of strangers
- Worry
- Increase in immature behaviors
- Not wanting to go to school
- Changes in eating/sleeping behaviors
- Increase in either aggressive behavior or shyness
- Bedwetting or thumb sucking
- Persistent nightmares
- Headaches or other physical complaints

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The following will help your child:

- Talk with your child about their feelings about the disaster. Share your feelings, too.
- Talk about what happened. Give your child information they can understand.
- Reassure your child that you are safe and together. You may need to repeat this reassurance often.
- Hold your child.
- Spend extra time with your child at bedtime.
- If you feel your child is having problems at school, talk to their teacher so you can work together to help your child.

Conversations and Support:

- [Talking with Grieving Children](#)
- [What Not to Say](#)
- [Peer Support for Grieving Children](#)
- [Handling the Death of a Student](#)
- [Providing Support Over Time](#)

