

Parents Can Help Kids Cope with Tragedy, continued.

powerful and believable if it is very brief and business-like:

There are thousands of people working to keep everyone safe. We are going to be OK. Have a good day at school. I love you.

#6: To the greatest extent possible, maintain daily routines.

Daily routines give all of us a sense of predictability, control, and safety. When we stick with them, we also communicate to our youngsters that we are strong enough to keep going ... and they are too.

#7: Involve them in helping others.

There are few things more therapeutic than helping others. Even actions that may

seem small, like writing letters of support or sending a box of food to rescue workers, can mean a great deal.

An elementary school principal who followed these tips voiced amazement at how they work. "I can't believe how well our school dealt with this yesterday. The teachers were calm, and so were the kids. Everyone is very saddened, but we are going to make it through!"

One last thought: Following these guidelines can help, but it is just as important to take good care of yourself. The healthier you are, the healthier your kids will be.

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People who are really successful implementing this skill purchased Grief, Trauma and Loss

