

Crisis and Post-Trauma responses

It is often difficult to talk with our children about tragic events when we ourselves struggle to understand them. In the wake of the events in Boston this week, we have put together a number of resources that we believe may be helpful to you and your family.

Hospice: Talking to children about death:

<http://www.hospicenet.org/html/talking.html>

National Association of School Psychologist: Helping Children Cope:

http://www.nasponline.org/resources/crisis_safety/terror_general.aspx

American Psychological Association: Helping Children manage distress :

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

(this article is fully titled Helping children manage distress in the aftermath of a shooting; however, many of the strategies are applicable for trauma and violent events)

Massachusetts School of Professional Psychology: Interface referral service

<http://msppinterface.org/>

National Child Traumatic Stress Network: Talking with young children about bombings

http://www.nctsnet.org/sites/default/files/assets/pdfs/appendix_tips_for_parents_with_pre_school_children.pdf

The American Music Therapy Association's Sr. Advisor, Research and Policy Disaster Services Coordinator reminds us of the following:

I know that the media and television coverage of the bombing can become overwhelming. As a person who works in disaster response I think it is important to say a few things to everyone...Stress and secondary stress can be a concern. Therefore, it is important to give yourself permission to turn off the television or radio or tweet feed and take a break. It is important to take care of yourself and get adequate rest. Finally, it is most important to resume some normal things in your day...like play music, even if it is routine practice.