

Caregiver Tools: Talking to Children About Tragedy

Talking with Kids about Tragedy in the News

- www.intuitionwellness.com/2017/01/17/child-exposed-to-tragic-event/
- <http://www.pbs.org/parents/talkingwithkids/news/help-kids-feel-safe.html>
- <http://www.sesameworkshop.org/our-blog/2016/07/12/comforting-children-through-stressful-times/>

Being Discerning with Media Exposure

- CommonSenseMedia.org
- <https://www.apa.org/helpcenter/news-coverage.aspx>

Listen, Protect, Connect (Resource for Teachers/School After Disaster)

- https://www.ready.gov/sites/default/files/documents/files/PFA_SchoolCrisis.pdf

Explaining Anxiety to a Child; Responding to Childhood Anxiety

- www.GoZen.com/blog
- <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>
- <https://childmind.org/article/behavioral-treatment-kids-anxiety/> (treatment)

Progressive Muscle Relaxation

- <https://www.youtube.com/watch?v=aaTDNYjk-Gw>

Deep Breathing/Visualization

- www.mindful.org
- Breathing Bubbles App <https://itunes.apple.com/us/app/id962463836?ign-mpt=uo%3D4>

General Traumatic Stress Resource

- <http://www.nctsn.org>

Phobias & Fears in Children; Age by Age Guides

- HeySigmund.com
- <http://lookthroughtheireyes.org/community-violence-can-lead-to-childhood-trauma/what-are-the-symptoms-parents-should-watch-for/>

Help with Thinking Errors for Children with Autism

- <http://www.myaspergerschild.com/2014/09/eliminating-thinking-errors-in.html>

Natural Disasters

- National Childhood Traumatic Stress Network- Help Kids Cope App: <https://itunes.apple.com/us/app/help-kids-cope/id1069028637?mt=8>

Election Worries

- Marginalized Populations: lookthroughtheireyes.org
- Preschoolers: www.parents.com/toddlers-preschoolers/everything-kids/tips-for-talking-about-the-outcome-of-the-election-with-kids
- LGBTQ Youth: <http://www.hrc.org/blog/after-election-lgbtq-youth-are-panicked-heres-what-we-can-do-to-help-them>

Suicide

- <https://childmind.org/article/youre-worried-suicide/>
- Celebrity Suicide: <http://www.whatsyourgrief.com/talk-with-kids-about-suicide/>