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**New Guides Provide Parents, Teachers Tips for Talking to Children about
the Five-Year Anniversary of September 11th**

*NYU Child Study Center Experts Provide Resources, Tools
For Helping Children Cope with the Anniversary*

NEW YORK, September 5, 2006 – The NYU Child Study Center today released two new guides created to help parents and teachers prepare for talking to children about the upcoming anniversary of September 11th. Whether or not children were directly impacted by or exposed to September 11th, the anniversary of this monumental event may bring up feelings of loss, sadness, anger, fear, and confusion. Children who are too young to remember the events of September 11th, 2001 are particularly vulnerable, for they may see media coverage and believe the attacks are happening right now.

“Five years ago, our city and our nation suffered an unprecedented tragedy,” said Harold S. Koplewicz, M.D., founder and director of the NYU Child Study Center. “For children and adolescents, this major anniversary may be especially challenging due to increased media coverage and national attention of the attacks and their aftermath. There are a number of things that parents and teachers can do to be prepared to help children – and themselves – cope with the feelings and emotions the upcoming anniversary may stir up.”

Preparing for the Five-Year Anniversary of 9/11: A Guide for Parents, and its companion piece, *Preparing for the Five-Year Anniversary of 9/11: A Guide for Teachers and School Professionals*, were developed by the staff of the NYU Child Study Center’s Families Forward program within its Institute for Trauma and Stress.

Co-authors Joel McClough, Ph.D., and Demy Kamboukos, Ph.D., offer suggestions for parents who wonder when is the right time to talk to children and adolescents about 9/11, including children who were too young to recall the events five years ago. They

recommend that parents select an appropriate time and place to talk about these issues where distractions are less likely; initiate the discussion themselves; and are honest and open with children about their own feelings and beliefs.

The guide for parents also includes a special section for families and friends who lost a loved one on September 11th. This section recommends that families do what they believe is best for their family's well-being, reminding them that there is no "correct" or "incorrect" way to handle the anniversary or memorial services; describe the situation clearly to your children; and use your social network and resources in your community.

Tips for teachers and school professionals include items such as provide a safe and reassuring environment; communicate with parents; be attentive to developmental stages; and maintain routines and classroom activities.

The guides are part of a volume of information, including a guide on caring for kids after trauma, disaster, and death, and articles on topics such as talking to your kids about terrorism or acts of war; preventing children's anger from turning into bias; and hate; and helping children with development disabilities cope with traumatic events. All this and more can be found on the Center's website at www.AboutOurKids.org/911.

Families Forward Program is part of the Institute for Trauma and Stress. The overall mission of the Institute is to assess both risk and resilience among children who have experienced trauma or loss and intervene as needed. Families Forward provides comprehensive assessment and empirically-based treatment for the traumatically bereaved children and spouses of people who lost their lives on September 11, 2001, with an emphasis on improving coping skills and fostering resiliency over time. In addition, parents and caregivers are offered wellness programming and educational workshops, which cover a wide range of topics related to their children, as well as their own mental health.

The NYU Child Study Center is dedicated to the understanding, prevention and treatment of child and adolescent mental health problems. The Center offers expert psychiatric services for children and families with emphasis on early diagnosis and intervention. The Center's mission is to bridge the gap between science and practice, integrating the finest research with patient care and state-of-the-art training, utilizing the resources of the New York University School of Medicine. The NYU Child Study Center offers a variety of mental health services for children, adolescents, young adults and their families. Child and Family Associates is the clinical arm of the NYU Child Study Center and the point of entry for all clinical programs. Our goal is to bring together the most research-supported evaluations and treatments with an individualized and family centered approach.

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