Resources for Families

Guidance for Talking with Children & Teens after a Traumatic Event

https://www.fredrogersinstitute.org/files/resources/7/respondingtodifficultcurrentevents2022.pdf

https://www.nctsn.org/resources/talking-children-about-shooting

Online Books for Kids

Magination Press Story Time - Margaret M. Holmes Reads A Terrible Thing Happened
https://youtu.be/qFgjxM4nTg0

Once I Was Very Very Scared
Free downloads and read alouds in Spanish, English, and many other languages
https://piploproductions.com/stories/once/#tve-jump-17af26b9a37

Relaxation Exercises for Kids

Mindfulness for Kids: 12 Calming Exercises to Teach Your Child

Managing Stress (video for kids)

When a Bad Person Hurts Other People

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AUTISM SPEAKS®

Sometimes a bad person tries to hurt people with dangerous weapons. You may hear about this after it happens. You may not know how to think or feel.

AUTISM SPEAKS®

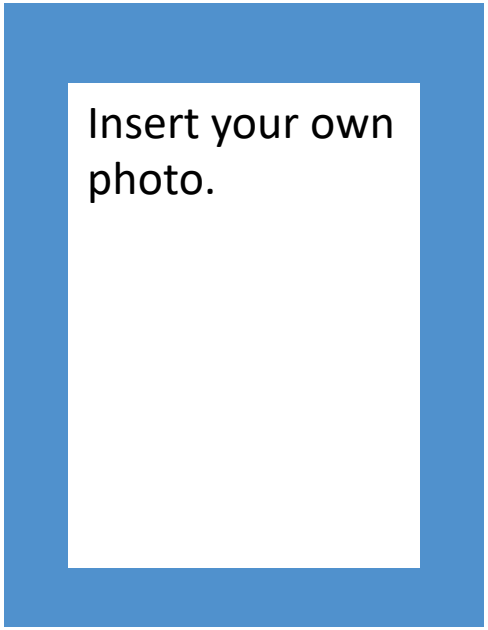
It’s scary to hear about and see pictures of it on TV. You may feel nervous, sad or unsafe. It’s OK to feel like this.

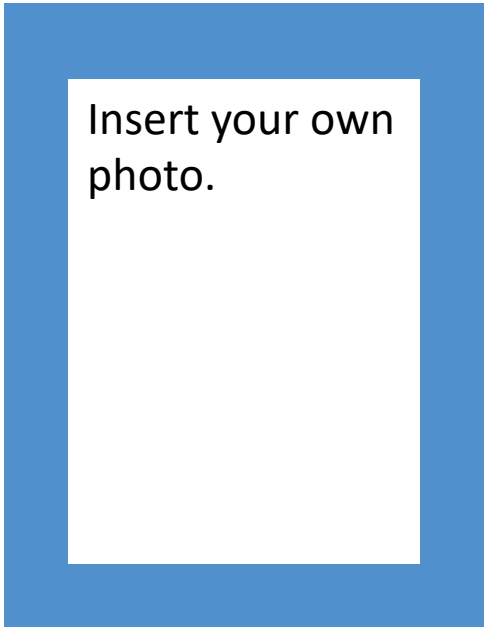
AUTISM SPEAKS®

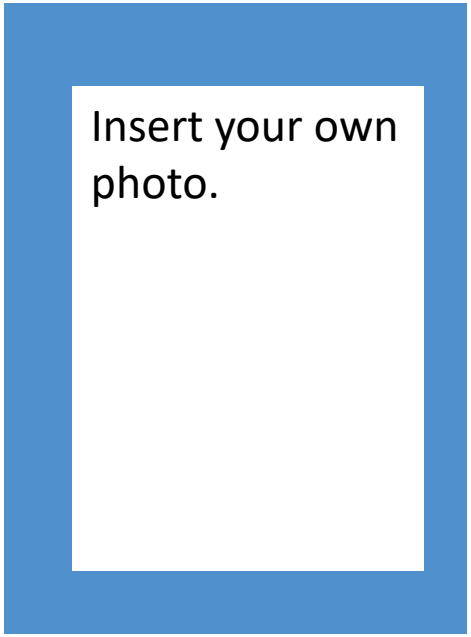
It’s OK to talk about it. Tell someone you trust if you feel unsafe. They can help you understand your feelings.

AUTISM SPEAKS®

People who can help when you feel unsafe:

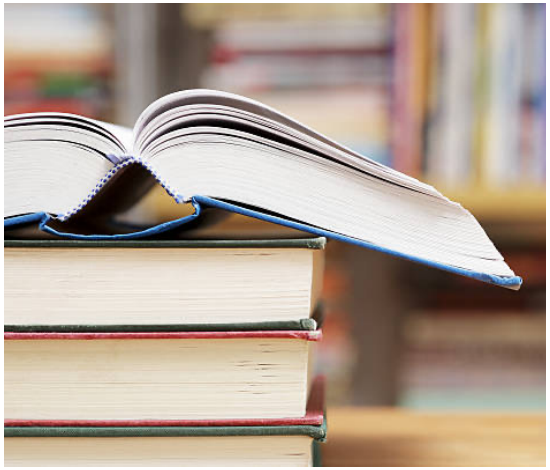






AUTISM SPEAKS®

Turn off the TV and don’t look at the pictures in the news. Instead do things that make you feel calm, happy and safe, like reading or coloring.



AUTISM SPEAKS®

When bad things like this happen, heroes like police, firefighters and doctors, help keep you and other people safe.

AUTISM SPEAKS®

Things to try:

1. It’s OK to feel scared, nervous or unsafe.
2. Tell your parents or someone you trust how you feel.
3. Don’t look at pictures of what happened.
4. Do things that make you happy.
5. Think about the heroes who help people.

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