



Resources for Children and Families Traumatic Events, Grief and Loss

Books:

- A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma by Margaret M. Holmes
- Something Very Sad Happened: A Toddler's Guide to Understanding Death by Bonnie Zucker
- The Invisible String by Patrice Karst

Websites/Articles:

- When the News is Scary: What to Say to Kids:
 - <https://www.npr.org/2019/04/24/716704917/when-the-news-is-scary-what-to-say-to-kids>
- Explaining the News to our Kids:
 - <https://www.common sense media.org/blog/explaining-the-news-to-our-kids>
- Sesame Street:
 - <https://sesamestreetincommunities.org/>
 - <https://sesamestreetincommunities.org/topics/traumatic-experiences/>
 - <https://sesamestreetincommunities.org/activities/trauma-and-the-body/>
 - <https://sesamestreetincommunities.org/topics/violence/>
- Trauma and Grief:
 - <https://childmind.org/topics/trauma-grief/>
 - <https://www.nctsn.org/>
 - https://www.nctsn.org/sites/default/files/resources//parents_guidelines_for_helping_youth_after_the_recent_shooting.pdf
 - <https://www.nctsn.org/resources/talking-children-about-shooting>
 - https://www.nctsn.org/sites/default/files/resources//after_a_crisis_helping_young_children_heal.pdf

- Parent Guidelines for Helping Youth After the Recent Shooting-The National Child Traumatic Stress Network
 - https://www.nctsn.org/sites/default/files/resources//parents_guidelines_for_helping_youth_after_the_recent_shooting.pdf
 - <https://www.nctsn.org/resources/talking-children-about-shooting>
 - https://www.nctsn.org/sites/default/files/resources//after_a_crisis_helping_young_children_heal.pdf

- Helping Toddlers Cope with Grief and Death:
 - <https://childmind.org/topics/trauma-grief/>
 - <https://www.zerotothree.org/resources/3366-helping-your-toddler-cope-with-grief-and-death>

- Talking to Children About Violence: Tips for Parents and Teachers:
 - [Talking to Children About Violence: Tips for Parents and Teachers \(nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/school-violence-resources/talking-to-children-about-violence-tips-for-parents-and-teachersrg\)](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/school-violence-resources/talking-to-children-about-violence-tips-for-parents-and-teachersrg)

- Discussing Difficult Situations with your Children: Family Resources:
 - www.pta.org/home/family-resources/health/Emotional-Health/Discussing-Difficult-Situations-With-Your-Children

- Helping Children Deal with Tragic Events in the News: Timeless Wisdom from Fred Rogers for Parents, Caregivers, and Teachers:
 - www.ncdhhs.gov/media/8233/download

- Taking Care of Yourself:
 - www.nctsn.org/sites/default/files/resources/fact-sheet/taking_care_of_yourself.pdf

- Recognizing and Treating Child Traumatic Stress:
 - www.samhsa.gov/child-trauma/recognizing-and-treating-child-traumatic-stress#families

OK2SAY: A space for anyone to report tips on criminal activities or potential harm directed at students, school employees, or schools: www.michigan.gov/ok2say/ Or text 652729 (OK2SAY), email OK2SAY@mi.gov or download the app.