

## **Resources for Parents after Tragedy**

### **How to Talk to your Child and Help Ease Anxiety**

National Center for School Crisis and Bereavement

Talking to Kids About Tragedies such as school shooting

<https://www.schoolcrisiscenter.org/resources/talking-kids-about-tragedies/>

American School Counseling Association

Helping Kids After a Tragedy

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/shooting-resources>

Child Mind Institute

Scared Kids, How to Deal with Fear, Getting Over Fear

<https://childmind.org/article/helping-children-cope-frightening-news/>

PBS Parent

Talking With Kids About the News

<http://www.pbs.org/parents/talkingwithkids/news/talking.html>

### **Preventing Social Isolation**

Child Mind Institute

Helping your Child Make Friends

<https://childmind.org/article/kids-who-need-a-little-help-to-make-friends/>

Understood.Org

How to Help Your High Schooler With Loneliness

<https://www.understood.org/en/friends-feelings/managing-feelings/loneliness-sadness-isolation/how-to-help-your-high-schooler-with-loneliness>