

Help Your Child Cope

During Stressful Times

Current world events can be unsettling. If your children watch the news, they might find that it's difficult to distinguish between what is happening elsewhere in the world or in their hometown. For these children, the stories that they see on the news can have a personal effect and can even be distressing to them.

As parents, we want our children to be safe and happy. At Reams Elementary we want this too. We want you to know that the safety of your children is of utmost importance. We have safety measures in place, as well as school staff members that are trained in crisis management. We do our best to provide a safe learning environment for students and we take this duty very seriously.

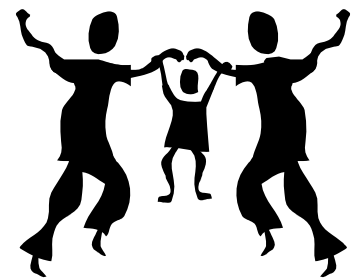
With today's media coverage of current events, it is more likely that your children could be aware of violent acts occurring in other parts of the nation. If your children know of such events, it would be helpful to talk with them about what they've seen. Remember when talking to them to remain calm and reassuring. Acknowledge their feelings and stick to the facts. If your child is reacting negatively to any news coverage it is important to monitor and limit their TV viewing.

If your child continues to have worries regarding current events, know that the staff at Reams is here to be supportive. Your child can receive support from the guidance counselor (Peggy Page) or school psychologist (Terri Sisson). If they are not sure where to find support, their teacher can assist.

Please visit the following websites for more information on helping your child cope during stressful times. If you do not own a personal computer, the public libraries offer free access. If you would prefer a paper copy of these articles, please call your school psychologist, Terri Sisson, at Reams Elementary (674-1370).

<http://www.nasponline.org/NEAT/helpingchildrencope.html>

<http://www.talkingwithkids.org/television/twk-news.html>



*Work Hard,
Be Kind*