

General Resources

Child Mind Institute

- [مساعدة الأطفال على المواجهة بعد وقوع حادث صادم](#)

Child-Parent Psychotherapy

- [Book Lists](#) - Related to separation/connection/attachment and honoring differences.

Muslim Central

- [My Garden over Gaza](#) - Narrated storybook

The National Child Traumatic Stress Network

- [Mass Violence](#)
- [Psychological Impacts of Mass Violence](#)
- [Age-Related Reactions to a Traumatic Event](#)
- [It's Okay to Remember: General Information Video on Child Traumatic Grief](#)
- [Creating Supportive Environments: When Scary Things Happen](#)

Palestine Children's Relief Fund

- [Coping Mechanisms of Children in War Zones](#)

Piplo Productions

- [Once I Was Very Very Scared](#) - Narrated storybook to help children and grown-ups understand how stress can affect children and ways to help them.

Rifk Books

- [I am from Palestine](#) - Animated Short Film

Royal College of Psychiatrists

- [الوفاة في العائلة ما هو تأثيرها على الأطفال | Translations | Death in the family](#)
- [ظاهرة إيذاء النفس لدى الأحداث | Translations | Self-harm in young people](#)
- [مشاكل النوم عند الأطفال | Translations | Sleep problems in children](#)
- [تأثير الصدمة النفسية على الأطفال | Translations | Traumatic stress in children](#)

Caregivers

Child Mild Institute

- [Helping Children Cope After a Traumatic Event](#) - Ages 0-18
- [Helping Children Cope With Grief](#) - Ages 0-18

Child-Parent Psychotherapy

- [After a Crisis - How Young Children Heal](#) - Available in English and Arabic

Children's Health Council

- [Five Ways to Help Children Cope in a Violent World](#)

The National Child Traumatic Stress Network

- [Assisting Parents/Caregivers in Coping with Collective Traumas](#)
- [Talking with your Children about Islamophobia and Hate-Based Violence](#)
- [For Teens: Coping after Mass Violence](#)
- [Parent Tips for Helping Infants and Toddlers after Disaster](#) - Sample scenarios and concrete steps for supportive, sensitive and healing responses.
- [Parent Tips for Helping Preschool-Age Children after Disasters](#) - Sample scenarios and concrete steps for supportive, sensitive and healing responses.

Sesame Workshop

- [What Are Traumatic Experiences?](#)
- [Grief](#)
- [What Happened? How to talk to Kids about Tough Topics](#)
- [Answering Difficult Questions](#)
- [Calming Strategies](#)
- [Coping with Big Feelings](#)
- [Activity Sheets: What Changes? What stays the same?](#)
- [Abby's Broken Wand](#) - Narrated storybook to help children cope with big feelings.
- [Displacement and Resettlement](#)
 - [Resources in Arabic](#)
 - [Offering Comfort](#)
 - [Understanding and Explaining Change](#)
- [Community Violence](#)
 - [1,2,3, count on me: The power of community](#) - Narrated storybook about the power of community.
 - [Activity Sheet: I can stay safe](#)
 - [We're not alone](#) - A music video about the power of community connections
 - [Age-by-Age Strategies](#) - Ages 0-6

UNICEF

- [How to talk to your children about conflict and war](#)
- [Helping Children Cope with the Stresses of War](#)

Zero to Three

- [A Big Impact on Little Kids: Understanding How Traumatic Experiences Affect Very Young Children](#)
- [How to Talk to Young Children About War](#)
- [Helping Toddlers Cope with Grief and Death](#)

Educators

American Psychological Association

- [Resilience in a time of war: Tips for parents and teachers of elementary school children](#)

Center for the Study of Traumatic Stress

- [Teachers Helping Students during War and other Disasters](#)

The National Child Traumatic Stress Network

- [Teacher Guidelines for Helping Students after Mass Violence](#)
- [When Terrible Things Happen: for Students](#)
- [Children of War: A Video for Educators Resource Guide](#)
- [Understanding Refugee Trauma](#)
- [Helping Youth after Community Trauma](#)
- [Addressing Race and Trauma in the Classroom](#)