

**Subject:** Studies in the News (November 2, 2007)

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## Studies in the News for



## Children and Families Commission

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### Special Issue:

### Helping Young Children Cope during Traumatic or Stressful Times

#### **IMPROVED HEALTH**

[Little Listeners in an Uncertain World](#)

[Disaster relief and trauma resources](#)

[Caring for California's Children](#)

[Helping children cope with disaster \(English and Spanish\)](#)

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#### **IMPROVED SYSTEMS OF CARE**

[Disaster planning guide for child care agencies](#)

#### **Introduction to Studies in the News**

Studies in the News: Children and Family Supplement is a service provided to the First 5 California Children and Families Commission by the California State Library. The service features weekly lists of current articles focusing on Children and Family policy. Prior lists can be viewed from the California State Library's Web site at [www.library.ca.gov/crb/SITN/index.html](http://www.library.ca.gov/crb/SITN/index.html).

## **How to Obtain Materials Listed in SITN:**

- When available on the Internet, the URL for the full-text of each item is provided.
- California State Employees may contact the State Information & Reference Center (916-654-0206; [cslsirc@library.ca.gov](mailto:cslsirc@library.ca.gov)).
- All other interested individuals should contact their local library - the items may be available there, or may be borrowed by your local library on your behalf.

The following studies are currently on hand:

## **IMPROVED HEALTH**

### **Little Listeners in an Uncertain World. (Zero to Three, Washington, DC)**

[“Resources for young children affected by California wildfires. Almost one million people have been relocated, and many have lost their homes. The stress, uncertainty, loss, and fear surrounding this natural disaster affects even babies and toddlers - whether their families are directly impacted or are simply overwhelmed about what is unfolding around them. Learn more about how parents and early childhood professionals can support and nurture very young children.” Zero to Three.]

### **Little Listeners... Coping Strategies for You and Your Young Child after Traumatic Events. 2 p.**

<http://www.zerotothree.org/site/DocServer/LL-deployment.pdf?docID=381>

### **Little Listeners... Coping Strategies for You and Your Child During Deployment or When a Crisis Occurs. 8 p.**

<http://www.zerotothree.org/site/DocServer/LL-deployment.pdf?docID=381>

### **Disaster Relief and Trauma. (Zero to Three, Washington, DC) Web resources page.**

[Zero to Three has compiled a list of resources on how parents and early childhood professionals can support young children during traumatic or stressful times. Some of the publications on this page can be accessed directly while others require registration.]

Disaster Relief Resources webpage:

[http://www.zerotothree.org/site/PageServer?pagename=key\\_disaster](http://www.zerotothree.org/site/PageServer?pagename=key_disaster)

### **Caring for California’s Children: Preparing for Mental Health Consequences in a Time of Crisis. (University of California Los Angeles, Rand NIMH Center for Research on Quality in Managed Care, Los Angeles, California) Web resources page.**

[The resources listed on this site were designed as part of an online training program “to provide additional training to pediatric primary care providers in the assessment and care of child mental health problems related to the exposure to severe trauma and disasters.” Many links to web resources, parent training materials and publications on helping children cope during traumatic events are included on this website.]

Caring for California’s Children:

<http://www.californiaschildren.org/course/resources.cfm>

**Helping Children Cope with Disaster. By the Federal Emergency Management Agency and the American Red Cross. (FEMA, Jessup, Maryland) 2004. 12 p.**

[“This booklet offers parents, caregivers, and other adults suggestions on how to help children cope with the effects of disaster, as well as how to be prepared before a disaster strikes.” Available in English and Spanish.]

Helping Children Cope with Disaster:

<http://www.fema.gov/pdf/library/children.pdf>

Cómo Ayudar a Los Niños a Confrontar una Catastrofe:

[http://www.fema.gov/pdf/library/spa\\_children478.pdf](http://www.fema.gov/pdf/library/spa_children478.pdf)

**Helping Children after a Disaster. By the American Academy of Child and Adolescent Psychiatry. Facts for Families. No. 36. (The Academy, Washington, DC) 2004.**

[“A catastrophe such as an earthquake, hurricane, tornado, fire, flood, or violent acts is frightening to children and adults alike. It is important to explain the event in words the child can understand. Parents should also acknowledge the frightening parts of the disaster when talking with a child about it. Falsely minimizing the danger will not end a child's concerns. Several factors affect a child's response to a disaster.” Available in English and Spanish.]

Helping Children after a Disaster: 2 p.

<http://aacap.org/page.wv?name=Helping+Children+After+a+Disaster&section=Facts+for+Families>

Ayudando a Los Niños Después de una Catastrofe: 2 p.

[http://www.aacap.org/cs/root/facts\\_for\\_families/informacion\\_para\\_la\\_familia/ayudando\\_a\\_los\\_ninos\\_despues\\_de\\_una\\_catastrofe\\_no\\_36](http://www.aacap.org/cs/root/facts_for_families/informacion_para_la_familia/ayudando_a_los_ninos_despues_de_una_catastrofe_no_36)

**“Impact of a Natural Disaster on Preschool Children: Adjustment 14 Months After a Hurricane.” By Cynthia Cupit Swenson and others. IN: American Journal of Orthopsychiatry, vol. 66, no. 1 (January 1996) pp. 122-130.**

[“Fourteen months after a hurricane, young children who had experienced the storm showed significantly higher anxiety and withdrawal and more behavior problems than did children who had not. Behavioral problems decreased steadily over the six months following the storm. Mothers' distress in the hurricane's aftermath was associated with the longevity of their children's emotional and behavioral difficulties.” NOTE: Impact of a Natural Disaster... is available for loan.]

**Parents Helping Young Children through Stressful Times. By Patricia H. Holmes. Ohio State University Fact Sheet. (Ohio State University Extension, Columbus, Ohio) 1999. 3 p.**

[“Some children experience traumatic stress. These children may be homeless, survivors of natural disasters, teen parents, and/or using drugs or alcohol. They may live in fear from violence in their schools, neighborhoods, or homes. Recognizing that stress exists and ensuring that basic physical needs are met is important. Rather than trying to shield children from all stress, provide them with basic coping skills and resources to prepare for the future challenges of life. You can be a role model for your children and help them learn how to adapt to life stress.”]

Full text at: <http://ohioline.osu.edu/flm99/fs08.html>

**Helping Children after a Natural Disaster: Information for Parents and Teachers. By Philip J. Lazarus and others. (National Association of School Psychologists, Bethesda, Maryland) 2003. 5 p.**

[“Natural disasters can be especially traumatic for children and youth. Experiencing a dangerous or violent flood, storm, or earthquake is frightening even for adults, and the devastation to the familiar environment (i.e., home and community) can be long lasting and distressing. Often an entire community is impacted, further undermining a child's sense of security and normalcy. These factors present a variety of unique issues and coping challenges, including issues associated with specific types of natural disasters, the need to relocate when home and/or community have been destroyed, the role of the family in lessening or exacerbating the trauma, emotional reactions, and coping techniques.... Schools can help play an important role in this process by providing a stable and familiar environment. Through the support of caring adults school personnel can help children return to normal activities and routines (to the extent possible), and provide an opportunity to transform a frightening event into a learning experience.”]

Full text at: [http://www.nasponline.org/resources/crisis\\_safety/naturaldisaster\\_ho.pdf](http://www.nasponline.org/resources/crisis_safety/naturaldisaster_ho.pdf)

**Helping Children Cope with Natural Disasters. By the National Child Care Information Center. (The Center, Child Care Bureau, Administration for Children and Families, U.S. Department of Health and Human Services, Fairfax, Virginia) September 2007. 5 p.**

["Natural disasters such as hurricanes can leave children of all ages feeling confused and scared. Whether children have personally experienced trauma or have merely seen the event on television or heard it discussed by adults, they struggle to make sense of what they are seeing and hearing. It is important for parents, caregivers, and teachers to help children make sense of what is happening. Adults also need to be informed and ready to help if reactions to stress are observed in children's behavior. The following organizations have information for adults working with children who have experienced traumatic events associated with natural disasters."]

Full text at: <http://www.nccic.org/poptopics/disasters.pdf>

## **IMPROVED SYSTEMS OF CARE**

**Is Child Care Ready?: A Disaster-Planning Guide for Child Care Resource and Referral Agencies. By Beverly Schmalzreid. (National Association of Child Care Resource and Referral Agencies, Arlington, Virginia) 2006. 114 p.**

["This guide is a practical toolkit for Child Care Resource & Referral agencies to help child care programs - both in child care centers and providers' homes - keep children safe and their businesses open during and after natural disasters, terrorist attacks, chemical emergencies, and other catastrophes." NACCRRA.]

Full text at: [http://www.naccrra.org/disaster/docs/Disaster\\_Guide\\_MECH.pdf](http://www.naccrra.org/disaster/docs/Disaster_Guide_MECH.pdf)