

NEWS

Seven-City Evaluation of CAS Teen Pregnancy Prevention Model Reveals Striking Success



Dr. Michael Carrera, program director, makes a point while training teen pregnancy prevention staff from other agencies at the Stern National Adolescent Sexuality Training Center at CAS' Rhineland Center.

The first rigorous, scientific evaluation of The Children's Aid Society's comprehensive approach to teen pregnancy prevention has demonstrated that it is effective: pregnancy and birth rates (49% and 46% respectively) for teen girls in our program were less than half than among girls in the control groups.

A three-year random assignment evaluation of the program was conducted by an independent research firm at 12 sites in seven urban areas. The evaluation, released in late May, not only showed that the program's girls were less likely to get pregnant or give birth, but that they were three times more likely than control girls to have used effective contraception. The program was tested among 941 largely poor teens, aged 13 to 15 when first enrolled, in disadvantaged neighborhoods in seven major cities across the U.S. including New York City, Baltimore, Houston and Seattle.

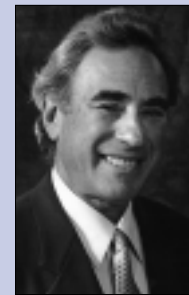
The 12-site evaluation study of the program was conducted by Philliber Research Associates of Accord, NY and was supported by the Robin Hood Foundation of New York City and the Charles Stewart Mott Foundation in Flint, Michigan.

"This study takes us from probable knowledge to certain knowledge about how to prevent teen pregnancy in the United States, and now it is up to public officials at all levels to supply the will to do something about this urgent problem," says Dr. Michael Carrera, director of the CAS Bernice and Milton Stern National Adolescent Sexuality Training Center and developer of the model.

The model has received widespread attention and support from other organizations in the field of adolescent sexuality. The National Campaign to Prevent Teen

continued on page 2

From the Executive Director...



Helping Families Heal

Though it is well known that domestic violence doesn't have a single victim, but affects entire families as well as the generations to come, few existing programs have had a comprehensive approach to treat the entire family.

In response to an increasing number of staff reports on the devastating consequences of violence in the home among our clients – families torn apart, mothers and children rendered homeless and an overwhelming number of children thwarted in school – The Children's Aid Society (CAS) has developed a new domestic violence initiative.

Domestic violence occurs more frequently than any other crime in the United States, with an act occurring every 15 seconds. It is the leading cause of injury

continued on page 8

The Children's Aid Society and The World Trade Center Crisis

Since the terrible events of September 11, The Children's Aid Society has swung into action. While not traditionally a disaster relief agency, we undertook emergency services for children and families directly after the destruction of the World Trade Center and continue to serve in that capacity today.

continued on page 2

Teen Pregnancy *continued from page 1*

Pregnancy (NCPTP), a respected non-profit, nonpartisan organization based in Washington, DC, called the program the most effective of all the models it studied for a new report on programs that work, and recognized the CAS-Carrera program as one of its 2001 award honorees.

According to Douglas Kirby who researched and wrote the NCPTP's report *Emerging Answers: Research Findings on Programs to Prevent Teen Pregnancy*, "Of all the studies that I've looked at, of all 73, the research on The Children's Aid Society-Carrera Program has the strongest evidence and the only evidence that it actually reduced pregnancy and child-bearing for a three-year period of time. So this is a very, very important study."

Only program to achieve both results

The program sees children as "at promise" instead of "at risk," and uses a parallel family approach. The CAS-Carrera program includes: academic support, employment preparation and career awareness, comprehensive family life-sex education, self-expression in the arts, and lifetime individual sports. The program also provides comprehensive medical and dental care, reproductive health counseling, access to contraception and mental health services.

According to the evaluation, the program is the only one working with young people aged 13 to 15 in disadvantaged neighborhoods that has achieved reductions in *both* pregnancies and births. The young women also had significantly better outcomes in: greater sexuality and reproductive knowledge, better health care usage, greater computer use, better preparation for and participation in employment, and making more college visits.

"Other studies can't say that they have achieved both of the most important goals and withstood rigorous scientific evaluation," states Philip Coltoff, CAS executive director. "We have demonstrated that it is possible to deliver strong messages about abstinence and at the same time provide information and access to effective contraception, as well as support the whole child at a critical time of life."

The full evaluation report and information about the model may be found at The Children's Aid Society's Web site at www.childrensaidsociety.org.

Harman Gets Kids Hopping



Trumpeter Byron Stripling had children's attention at a special "harman: how to listen" program at I.S. 90.

The powerful, piercing sounds of the jazz trumpet filled the cavernous auditorium at public school I.S. 90, mesmerizing the more than 200 students assembled there. The children were on the edges of their seats, waiting for more to come. The notes rang out clear and loud at first, then softened and grew

smooth and slow. The drum and bass followed and soon, the children were out of their seats, laughing and clapping and stomping their feet.

This was the scene at a special "*harman: how to listen*" presentation, repeated at several CAS community schools throughout the city. "*harman: how to listen*" has brought the Byron Stripling quartet and other musical performers to over 100 schools nationwide as part of this innovative educational program. The program was founded by Dr. Sidney Harman, chairman of Harman International, and world-renowned trumpeter Wynton Marsalis to engage young minds and ears in the many ways of exploring music.

At the I.S. 90 assembly, Byron Stripling sang along with students and even did a rap or two, while he taught them the various aspects of rhythmic foundations and quizzed them about the bass, percussion, beat, harmony, drums and the piano.

Always a crowd-pleaser, the Harman event continues to enhance the overall quality of the learning experience for our students and remains a much-appreciated addition to the curriculum at our community schools.

World Trade Center Crisis...

continued from page 1

Thanks to donations from individuals, corporations and foundations, as well as the support of the specially established New York Times 9/11 Neediest Cases appeal, The Children's Aid Society was able to establish emergency support funds for families affected by this disaster as well as provide relief in many forms to children and families throughout New York City.

The day of the attack, our pediatricians, nurses and dentists began volunteering at St. Vincent and Bellevue Hospitals, our mobile health van dentist offered the van and his services in forensic dental identification, and we deployed our social workers and mental health professionals to help our thousands of children cope with their feelings and fears about the tragedy. We have been reaching out to

the families we know who have lost loved ones, or jobs, and have offered assistance with housing, furniture, food, clothing, medical assistance (including prescriptions, inhalers, face masks, etc. for people with asthma or breathing difficulties), legal referrals, repairs, utility advice, and other assistance as requested.

Beyond distributing emergency funds and providing emergency services, CAS is working through its nine public community schools and through its neighborhood centers in Manhattan, the Bronx, Westchester and Staten Island to provide ongoing counseling to children and parents, trainings for teachers and other school administrators about coping with student concerns and asthma medications for

continued on page 8

Wills, Willingness and Will Power



Thanks to "all"

You've read that the estate tax is going out the window. No more need for estate planning, right? **Wrong!**

First of all, the estate tax is being phased out gradually over the next eight years, and won't be totally eliminated until 2010. Then it is scheduled to re-appear in full force (at today's levels) on January 1, 2011, when the new law "sunset" – unless Congress decides to make further changes or extend the law's new rates.

Second, regardless of the implications of estate taxes, every person should prepare at least a simple will to ensure that the government does not make important decisions about your estate after you die. A personalized will (or other transfer document such as a living trust) is of great value. Not only does it provide peace of mind, but it prescribes who you want to handle your affairs and who will benefit from your estate.

We at The Children's Aid Society have discovered that many of our friends and supporters are quite eager to consider placing Children's Aid in their estate plans. They believe in our mission and want to invest

part of their estate in our future financial health. The willingness is there.

Knowing the value of having a will and being ready to include Children's Aid is commendable and appreciated. But good intentions alone will fail to bring the peace of mind a good will can produce. Nor do good intentions lock in a bequest to an organization you care about. What is needed is action. And what will help produce action is **will** power!

Will power can help you use the power and freedom you have as an individual to make your own choices regarding the disposition of your estate. Will power can also apply to your decisiveness and determination in getting a will in place.

Let this message boost your will power and move you to action. Call your attorney and make an appointment. Fill out and **send in the coupon below**. If we can help you in any way, contact The Children's Aid Society's planned giving office at 212-949-4937. We are willing and have the will power to help you obtain your will. Please do it today!



The Children's Aid Society thanks the makers of "all" laundry products for their donation of 50 warm blankets and 100 bottles of its new "all" Baby Care Plus detergent to our Pelham Fritz Apartments for homeless families. The donation was much appreciated, especially by our littlest ones! Pictured here accepting the donation are Pelham Fritz assistant director Denise Eugene (left) and Shakema Thompson, a young resident. J. Walter Thompson publicist Wendy Arrick, who made the gift on behalf of "all," is in the center.

Please complete and return this reply form

Dear Friends at Children's Aid:

- ___ Please send me your free brochure, "Planning Your Will."
- ___ Please contact me about a personal visit. The best time to call me is: _____
- ___ I have provided for The Children's Aid Society in my will or other estate-planning document, qualifying me as a member of the Charles Loring Brace Society.
- ___ Please send me information about the Charles Loring Brace Society and planned giving.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____ Phone: _____

Mail this form to:

Cathy O'Rourke

The Children's Aid Society

105 East 22nd Street, Room 504, New York, NY 10010-5413

New "Un-Gala" Keeps Donors Home

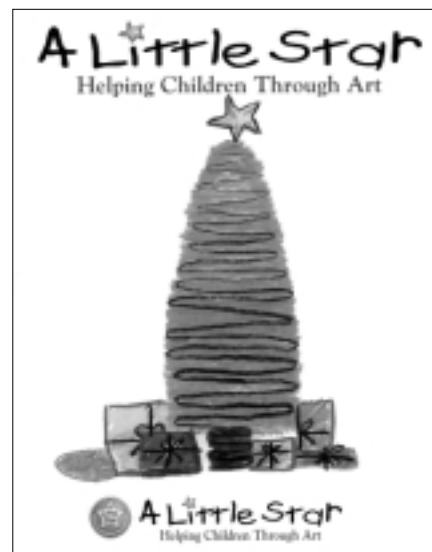
Each spring, CAS' Rhinelander Children's Center has typically held a Gala Dinner and Auction, featuring entertainment and live and silent auctions, all to raise scholarship funds and support for its programs for children and families. This year, Rhinelander tried a new, novel approach to fundraising with its 1st Annual "Un-Gala," and met with incredible success.

The "Un-Gala" invitation encouraged Rhinelander parents, corporate sponsors, and other supporters to forego a night out at a black-tie event in favor of staying home with their families. The event's theme was "The Spirit of the Child," and families were reminded that even a small amount of time together makes a positive difference in children's lives. As Rhinelander Center Director Charlotte

Prince noted, "The Un-Gala is a wonderful opportunity for us to not only raise needed funds for our programs in an innovative and creative way, but to drill home the message to our supporters that spending time with children is critical to their development and well being."

Rhinelander's first "Un-Gala" raised over \$170,000, far exceeding its initial goal of \$100,000. These funds will enable Rhinelander to provide need-based scholarships to low-income families in its early childhood, nursery school and after-school programs. Contributions will also help finance the Center's free Saturday Program for Deaf and Hard-of-Hearing Children and Teens, as well as the New Hope Project, a unique program utilizing groups to help young people cope with grief and family loss due to HIV/AIDS or violence.

Give A Greeting Help A Child



This holiday season, your greetings can be twice as nice. Thanks to A Little Star, you can purchase holiday cards for your home or business that have been designed by youngsters from The Children's Aid Society and that will benefit them as well.

A Little Star (Helping Children Through Art), headed by President Celeste Prochaska, funds art programs for charitable organizations dedicated to helping children. Again this year, A Little Star has chosen Children's Aid as its beneficiary. The imaginative drawings featured on the cards, including colorful snowmen and a flying Santa with reindeer, are the original designs of children from CAS centers, including Greenwich Village and Dunlevy Milbank. All profits earned by A Little Star from the sale of these cards will be donated to CAS.

The 18-card box can be purchased at major bookstores and retailers such as Barnes & Noble, Waldenbooks/Borders Group, Bloomingdale's and The Whitney Museum of American Art.

New York Times Neediest Cases: 9/11 Neediest Fund Responds to World Trade Disaster

The day after the attack on the World Trade Center, The New York Times launched a special one-month campaign to raise money for victims and their families, the 9/11 Neediest Fund. This special campaign is the first in the history of the Neediest Cases, and will raise funds for the seven New York charities, including Children's Aid, that benefit from the annual Neediest Cases campaigns, as well as for three additional foundations that benefit firefighters and police.

If you would like to donate, call The Children's Aid Society at 212-949-4936 or give to the New York Times 9/11 Neediest Fund, P.O. Box 5193, General Post Office, New York, NY 10087 or give online through www.charitywave.com.



Neediest Cases Gets a Head Start

The New York Times Neediest Cases Fund, which last year raised a record-setting \$8 million, will kick-off its campaign this year a month earlier than usual, in early November instead of early

December. The campaign will last three months, this time terminating at the end of January 2002. Seven charities that work in New York City, including The Children's Aid Society, benefit from the campaign. All monies raised go directly to services for children, with no funds diverted for administrative expenses. The year 2002, into which this campaign will extend, marks the 90th anniversary of the Neediest Cases Fund, which was founded in 1912 by Adolph S. Ochs.

In Sympathy

The Children's Aid Society extends its most heartfelt appreciation to the many heroes of the World Trade Center disaster: the firefighters, police, emergency medical personnel and other rescuers who dashed to ground zero, searched for victims and, in many cases, lost their lives. We offer our deepest sympathies to the families of all of those missing or lost in the attack. We know that many of those injured or lost were once or are now part of The Children's Aid Society family, which only increases our pain.

New Staff Member Joins The Children's Aid Society

Lorna Morgan has just joined The Children's Aid Society as Director of Operations. In this newly created position, she will report to and work closely with the Chief Operating Officer, C.W. "Pete" Moses, with a variety of responsibilities designed to strengthen the Society's operating procedures and practices.

Morgan brings substantial experience in nearly all of CAS' program areas: foster care and other child welfare services, community centers and community schools. Most recently, she served as Director of Training, Technical Assistance and Resource Development for The After-School Corporation. Immediately prior to that, she served as the Director of the School Mediation and Violence Prevention Services Division for The Victim Services Agency.

Morgan holds a bachelor's degree in sociology from CUNY/Medgar Evers College and a master's degree from the Hunter College of Social Work. She completed post-masters' programs at the Institute for Not-for-Profit Management, Columbia University's Graduate School of Business, and at the Sexuality and Adolescent Pregnancy Prevention Program, University of Minnesota Medical School.



Lorna Morgan

New Web Site Takes Off at CAS

www.childrensaidsociety.org will be the place to go in cyberspace on November 1st as The Children's Aid Society launches its brand new Web site. Loaded with new information as well as new capabilities, the redesigned site will help CAS reach new audiences and better inform current friends with up-to-date reports of events, programs, opinions, and the latest CAS news. Visitors will be able to find guides to locations and services, volunteer opportunities, publications, employment listings, secure donation forms, and lots more. The Web site will be refreshed very frequently, under the sure hand of our first web master. So, please visit and visit often. CAS' new Web site was made possible by a generous grant from the Booth Ferris Foundation.

Upcoming Events at The Children's Aid Society



These angels entertained shoppers at Miracle on Madison Avenue in December 2000.

Fall and winter are busy times at The Children's Aid Society as we prepare for a host of special events that raise funds to support the exciting work being done for children and families at the agency. Here is a list of the major events coming up in the next few months:

Blue Hill Troupe Benefit, October 30 - Get in the mood for Halloween with musical thriller *Sweeney Todd - The Demon Barber of Fleet Street*. On Tuesday, October 30th at 8 p.m., the Blue Hill Troupe will perform a benefit production of the Sondheim show at the intimate Dicapo Opera Theatre at 184 East 76th Street. Proceeds from ticket sales will benefit The Children's Aid Society's Family Wellness

Program. Since 1926, the Blue Hill Troupe, an all-volunteer theatrical group based in New York City, has produced two wonderful musical shows each year for the benefit of an annually selected local charity. For more information and to purchase tickets, contact Susan Melnyk, our new Director of Special Events, at (212) 949-4945.

Miracle on Madison Avenue, December 2

Join in the festivities of the 15th Annual Miracle on Madison Avenue on Sunday, December 2nd from 12 noon to 5 p.m. On this day, participating merchants between 57th and 86th Streets donate 20% of their sales to benefit The Children's Aid Society's health services. While you are in the stores, be sure to look for the Designer Symbols of the Season. This festive promotion, chaired by fashion designer Donna Karan, invites merchants to design and auction an item that is symbolic of the holiday season. At the stores, you can bid on Christmas trees, menorahs and maybe even a gingerbread house. All auction proceeds benefit CAS' health programs. If you are not a shopper, visit a participating

gallery or sample a Miracle du Jour, a special menu item served at participating restaurants. Don't miss the 12 noon opening ceremony at 68th Street featuring The Children's Aid Society's Young People's Chorus. For more information, contact Susan Melnyk at 212-949-4945. To find out how to volunteer as a "Miracle Worker," contact Sarena Wallack at 212-949-4683.

Emerging Markets Ball, December 6

The Fifth Annual Emerging Markets Benefit for Children's Charities will be held on Thursday, December 6th. The corporate fundraiser will benefit three agencies this year: Save the Children, the Women's Commission for Refugee Women & Children and The Children's Aid Society. The event, held at Manhattan Center in New York City, draws hundreds of professionals in the Emerging Markets field. The evening's theme will be "Argentina" and will feature dancing, food and décor from the region. Last year, the event raised more than \$300,000 from corporate sponsorship, ticket sales and a live auction. For information about corporate sponsorship, contact Cathy O'Rourke at 212-949-4937.

An Evening of Kudos for College Scholars

The hard work, commitment and dedicated hours of study by teenagers in our Youth Development Services Program were roundly cheered at The Children's Aid Society's annual College Scholarship Awards Reception. Always a moving and heartwarming event, the ceremony brings together parents, friends and CAS staff to celebrate the special achievements of young men and women from our centers, many of whom have overcome great odds to graduate from high school and college.

Former Mayor David N. Dinkins presented William H. Dinkins Jr. Scholarships (named after his late father) to the two students with the highest GPAs: Zakiya Tinsley, a senior and a social work major at the College of New Rochelle and Kirin Smith, a sophomore in civil engineering at Howard University. CAS Trustee Jean Stern and her



Smiles were bright at the reception honoring Children's Aid's college scholars this year. From left to right are: Jean Stern, Robert Stern, scholars Winifred Osagie, Sheenia Patterson, Zakiya Tinsley, Kirin Smith, CAS Executive Director Philip Coltoff, and former NYC Mayor David N. Dinkins.

husband Robert Stern, who present a scholarship each year in memory of their son Wick, awarded their 2001 prize to Zameika

Sheenia Patterson, who won a renewal of the Guy and Maud Alchon/Charles Loring Brace Memorial Scholarship.

Patterson, a freshman at SUNY Cobleskill and renewed their scholarship to Winifred Osagie, a sophomore at CUNY/City College.

Other recipients included freshmen Jessica Edmond and Alisha Stokes, who received Kay Coltoff Scholarships from volunteers on the CAS Associates Council and college senior

New Bronx Child Care Program to Fill Tremendous Need

This fall, The Children's Aid Society will open its 11th licensed child care program at its new Bronx Family Center Campus, which already includes foster care services including foster parent recruitment and training, preventive services and a health clinic including comprehensive medical, dental and mental health services. The child care program will serve 100 children ages 2 1/2 - 4 from the south Bronx, which has a severe dearth of day care services despite a tremendous need. Known as The Early Learning Center, this program represents not only a significant expansion of our services in the Bronx, but a new model for childcare as well.

As Risa Young, Administrative Director of Early Childhood Programs, explains, "We

use a thematic approach to our curriculum and develop learning experiences based on common themes and interests of children, such as family, community, music and

enables CAS to enhance the educational component of child care with critical social and health services.



Children's Aid's new child care center will occupy the second floor of our Bronx Family Center Campus, joining our foster care and preventive services and comprehensive health care facilities.

cooking. We're looking forward to bringing our approach to this underserved area."

Joint funding from Head Start and the city's Agency for Child Development for day care

The Early Learning Center occupies a newly constructed space over the existing CAS Bronx facilities, with five classrooms, a multi-purpose family room that will be utilized for parent workshops and staff development, a secure rooftop playground and a kitchen. Our 20-plus staff will include teachers, assistant teachers, an educational coordinator, a social worker, family workers and kitchen and maintenance staff.

Our doors opened on September 17; many of the children who attend are already involved with Children's Aid through our in-house foster care and preventive services programs.

The Children's Aid Society has provided child care in one form or another since its earliest days, pioneering the city's first day care center for handicapped children in the late 1800s and opening New York City's first Head Start program in 1965. The Society's programs emphasize the interrelatedness of cognitive, social, physical, emotional and language/literacy development.

Camps Mix Learning, Growth and *Fun*



Children at Wagon Road summer camp enjoy a hay ride in an idyllic setting in the country.

This summer, nearly 3,000 children enjoyed quintessential camp experiences, thanks to The Children's Aid Society (CAS). With 17 camps, children of all racial and socio-economic backgrounds were able to swim, run, play and laugh: rites of summer every child deserves to experience.

At the same time, CAS is committed to going above and beyond the traditional camp experience. Our camps are designed to enhance children's learning and contribute to their intellectual growth even as they enjoy their break from school.

This year, a strong literacy focus opened up a whole new world for the children we serve. At our Taft Learning Center, literacy is defined in a broad and innovative way: children learn not only how to read literature, but also the newspaper, the web and even the stock market. (We hope their interest will move the market in the right direction!) These myriad activities expanded children's understanding of the larger world as well as helped them to see their own lives, families and communities from new perspectives.

The Wagon Road Camp Break-Away program is for children whose poor academic performance has put them on the cusp of needing summer school. Break-Away bridges literacy and fun with different themes. This summer, children tended the camp garden, for example, learning about the different vegetation they helped grow, and then wrote essays reflecting on their experiences using their new nature vocabulary.

At two of the five CAS school-based camps, a structured literacy program called "Reading For All Learners" made reading fun for children whose literacy skills were below grade level. Also thematically based, the program included one hour of intensive, one-on-one reading with a trained tutor, journal writing, story time and art activities, which revolved around a new theme each week, such as food, families and animals.

Beyond these specific programs, every child who attended a CAS camp this summer engaged in literacy activities. Children read books on eye-opening topics, such as the ocean and the solar system, recorded memories of camp trips in their journals, wrote original stories and poems for camp newsletters and kept scrapbooks they will treasure of their daily summer experiences.

CAS Chorus Captivates Canada!

This year, our neighbors to the North had the pleasure of a special visit from The Children's Aid Society Concert Chorus. A group of 26 youngsters, aged 10 to 16, and six chaperones visited Toronto, Ontario as the guests of the Mississauga Festival Youth Chorus of Mississauga, a suburb of Toronto. The excited group of singers took in the local sights prior to their performances, viewing Toronto from 148 floors up at the CN Tower and touring Niagara Falls – underground.

The choristers warmed up for their big performance by serenading senior citizens at the Erin Mills Lodge of Mississauga. Then followed their two major joint concerts: "Friendship & Song" at the Mississauga Living Arts Centre and a Sunday performance at the



The mist of Niagara Falls billowed above members of the Children's Aid chorus during a sightseeing break on their special performance trip to Canada.

Humber Valley United Church. The joint performances demonstrated how children from every background can join together to create beautiful music. The two musical

presentations received standing ovations from the audiences and left lasting impressions with the choristers from both sides of the border.

From the Executive Director...

continued from page 1

to women, and is a leading cause of homelessness among women and children: 63% of homeless women have been victims of domestic violence.

While providing education to our clients about domestic violence and the legal options available to victims and their children, CAS organized a Domestic Violence Task Force to look at models that address the needs of each family member affected by this problem and develop a comprehensive domestic violence family treatment program.

The result is the new CAS Family Wellness Program, designed to treat victims, batterers and children. Our Family Wellness Program has a bilateral strategy for treating families: families are divided into separate therapy groups for men, women and children in order to address the needs of each group. Next, family members are brought back together to undergo comprehensive family treatment, to make each other aware of the others' needs and especially to help parents assume, or reassume, responsible roles in the lives of their children.

Launched just this spring, the new Family Wellness staff, as well as staff from the three CAS sites from which clients are referred to this program (East Harlem, Pelham Fritz Transitional Shelter, Foster Care and Adoption), participated in a two-day training from nationally recognized experts in the field. The women's therapy group and an adolescents' group (self-named Teens Against Relationship Abuse) have begun to meet and the children's and men's groups will also begin soon. We are providing informal therapy and group work for children.

Our new program will coordinate with Mount Sinai Medical Center's Domestic Violence Program to ensure the effectiveness of our treatment strategies in changing the lives of the families who participate. This Family Wellness Program is the latest example of how service and advocacy within The Children's Aid Society can bring about change for our clients.



Philip Coltoff
Executive Director

Talking with Your Kids about the World Trade Center Tragedy

We are all coping with a very horrible tragedy. We believe that all parents need to support each other. Then, with this support, we are able to **help our children cope** with their feelings, reactions, and questions.

Here are some suggestions:

Children, adolescents, parents, foster parents and staff have strong emotions about this tragedy; however they may be quite different depending on our own personal histories. It is natural and helpful to share your feelings with your child. But, remember that, **as an adult, you could overwhelm your child with your feelings. Our job is to care for our children.**

If you feel that you are not handling this well or are overwhelmed by fears, talk to a Children's Aid Society staff member before sharing these feelings with your child. The important thing is for you to **comfort and reassure your child.** It is not helpful to place your child in a situation where he or she feels the need to comfort you.

Your child needs your emotional support:

- **Take time to listen to their questions and feelings** but respect their preferences as to when (and if) they want to talk about it.
- **Reassure them that they are physically safe** and that the important adults in their lives, including teachers, police, and you, are protecting them.
- Children may have many questions about the tragedy. **Try to answer their questions honestly, but always in a way that will be helpful to them.** Some questions are

very difficult or complicated to answer. It's OK to tell your child that you don't know the answer. Behind many of the questions is a need to know they are protected and safe.

- Many children are reassured at these times by **frequent physical contact** and may want to be physically near you more than usual, and even a bit clingy for a while. **Hug your child often.**

- Some children may be particularly frightened at bedtime. Extra reassurance and spending some **extra time together at bedtime** can be helpful. For some children, the option of keeping a light or night-light on may be helpful. A few children may have trouble falling asleep or have scary dreams or nightmares. Give them permission to wake you up if they need to.

- Repeated viewing of the tragedy on TV can make coping even more difficult. As terrible as this tragedy was, it happened only once, not again and again. It will help your child to **limit repeated exposure to the tragedy on TV.**

- It is usually important for the entire family to **continue on with your normal daily routines** to show that the family has come through this experience intact and that the world is again predictable.

If you believe your child is having an excessive reaction, remains constantly upset for more than a week or two, or you are unable to reassure them, your child may need additional help.

By Dr. Wayne Green, Helen Ellis and Michael Navas

World Trade Center Crisis...

continued from page 2

those affected by smoke and particulate pollution in the air. In addition, we have developed and circulated a guide for parents to help their children cope with their feelings in the aftermath of the attack (see above).

Before the attack, many of the children we serve were already living in fragile environments. We are keeping all of our doors open to remain a haven of safety, assistance and comfort in this time of great need.

NEWS

The Children's Aid Society
105 East 22nd Street
New York, New York 10010

Edgar Koerner, *Chairman*
Philip Coltoff, *Executive Director*
C. Warren Moses, *Assoc. Executive Director*
Patricia M. Grayson, *Asst. Executive Director*
Truda Jewett, *Asst. Executive Director*
Jane Quinn, *Asst. Executive Director*
Harvey Robins, *Asst. Executive Director*

Published by the Office of Public Relations

Design: Harper & Case, Inc.