Helping Children Cope with Disaster





Together, we can save a life



Ofra Ayalon

Rescue! Community Oriented Preventive Education Handbook Ofra Ayalon, 1992-03-01 The Advocate ,2003-09-16 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States C.O.P.E. Ofra Ayalon, 1978 Rescue! C.O.P.E. Handbook **Helping Children Cope with Stress** Ofra Ayalon, 1987 Ofra Avalon.1988 Fears, Stress, and Trauma Edward H. Robinson, 2004 This book explains how fears anxiety and stress develop in children and how they can learn to successfully cope with these factors It offers specific activities designed to assist in coping with a particular aspect of fear or stress Part I Overview of Fears and Stress contains activities to complement the various curricular areas of a typical elementary and middle school Section 1 introduces the origin of fears and stress in children Section 2 deals with fear specific activities Section 3 comprises general activities used for prevention of fear and to bolster children's feelings of security self worth and control Section 4 includes four appendixes Part II Coping with Trauma contains information regarding what happens to children as a result of traumatic events and how to manage the after effects Section 1 defines a traumatic event and discusses common symptoms Section 2 offers a number of trauma specific activities to be used individually or as a group intervention Section 3 includes stress reducing activities Section 4 includes five appendixes Part III Facilitator's Guide is divided into eight sessions The purpose of this guide is to provide training to teachers and counselors who wish to learn how to help children cope with fears and stress Contains over 150 references and resources Author ADT Helping Children and Adolescents Cope With Disasters and Other Traumatic Events ,2019 Raising Our Children to Be Resilient Linda Goldman, 2005-06-29 In this timely and much needed book Linda Goldman addresses the many frightening events that impact our children by providing the reader with a seamless mixture of theory and practice garnered from her extensive experience in the field Raising Our Children to Be Resilient includes trauma resolution techniques and case studies discussions of the respective roles played by parents teachers and the larger community as well as additional resources for those in a position to help children who have been traumatized The goal of Raising Our Children to Be Resilient is exactly what its title promises to help children through their pain and confusion and guide them into a flexible and compassionate **Coping Power** John E. Lochman, Karen Wells, 2008-03-17 The Coping Power Program is designed for use with adulthood preadolescent and early adolescent aggressive children and their parents and is often delivered near the time of children s transition to middle school Aggression is one of the most stable problem behaviors in childhood If not dealt with effectively it can lead to negative outcomes in adolescence such as drug and alcohol use truancy and dropout delinquency and violence This program has proven effective in helping to avoid these types of problems The parent component of the program consists of 16 group meetings also held during the 5th and 6th grade school years Parents are taught ways of reinforcing their children's positive behaviors as well as effective discipline techniques for eliminating negative behaviors Skills for improving

family communication providing academic support in the home and building family cohesion are also a focus Parents also learn how to give effective instructions and establish age appropriate rules and expectations for their children at home In addition to these basic parenting skills the program describes relaxation techniques that parents can use to deal with their own stress Tips for taking care of personal needs and effective time management strategies also help to ease the challenges of parenting an aggressive child **Helping Children to Cope with Change, Stress and Anxiety Deborah**
Plummer,2010-02-15 Plummer offers over 100 activities aimed at helping children to build emotional resilience With a mixture of short snappy activities and longer guided visualizations these exercises are suitable for use with individuals or groups and many are appropriate for use with children with complex needs or speech and language difficulties

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