



## After the Crisis: Using Storybooks to Help Children Cope

*Cathy Grace, Elizabeth Shores*

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When a crisis shakes a child's life, it is often up to teachers to recognize and identify signs that the child is suffering from continuing stress, and to help parents make appropriate decisions regarding next steps.

Although most teachers cannot provide therapy to children under traumatic stress, they already have the tools they need to help children cope: storybooks.

The literature-based activities in *After the Crisis* help children who have been through a trauma. With activities and exercises that can be used in conjunction with 50 children's books, teachers can use the discussion starters, writing activities, and art activities in *After the Crisis* to promote children's ability to cope and heal.

*After the Crisis* addresses numerous crises that can affect a child:

- Earthquakes
- Epidemics and mass casualty incidents
- Floods
- Hurricanes
- Tornadoes and major storms
- Shelter experiences
- Volcano eruptions
- Death of a loved one

*After the Crisis* is the companion book to *Preparing for Disaster: What Every Early Childhood Director Needs to Know*.



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