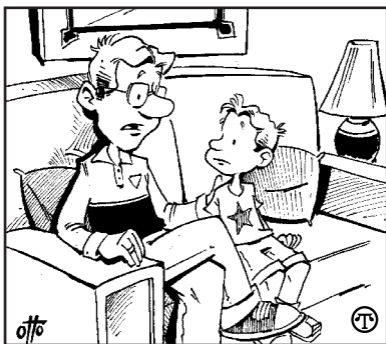


A B C D E F G Children's Health

Dealing With Tragedy

(NAPS)—Psychologists say the best ways to explain difficult concepts to children all revolve around honesty—that principle holds true, say doctors, when it comes to helping young people deal with the September 11 attacks on America.



When it comes to explaining difficult subjects to children, experts say honesty is often the best policy.

The single parents group Parents Without Partners offers the following tips:

- Provide children with reassurance by explaining the chance of such an attack harming them is small. Also, keep children informed of the steps being taken to prevent such events from occurring in the future.
- Watch television with your children. Most experts say children can see footage from the attacks, as long as someone is there to explain what it is they are watching.
- Pay attention to children's behavior. Look for eating or sleep disorders or signs of "clinging" or separation anxiety.

PWP can help single parents by giving them and their children the added opportunity for personal growth, self confidence and sensitivity towards others. The group can provide an environment that fosters support, friendship and the exchange of parenting techniques.

For more information, visit www.parentswithoutpartners.org.