

# Traumatic Events Resource List for Caregivers

Talking to Kids About Gun Violence

<https://kidshealth.org/en/parents/talk-about-guns.html>

National Association of School Psychologists - Tips for Families and Educators

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/school-violence-resources/talking-to-children-about-violence-tips-for-families-and-educators>

[Explaining the news to children](#)

[Talking with kids about terrible things](#)

[Talking to children](#)

[Helping kids navigate scary news stories](#)

## Children's Book List:

### **Empowering Kids to Work Through Fear**

#### **[Books about trauma and violence for children](#)**

Come With Me, by Holly M. McGhee

<https://a.co/d/2bynodJ>

When the news reports are flooded with tales of hatred and fear, a girl asks her papa what she can do to make the world a better place. "Come with me," he says. Hand-in-hand, they walk to the subway, tipping their hats to those they meet. The next day, the girl asks her mama what she can do—her mama says, "Come with me," and together they set out for the grocery, because one person doesn't represent an entire race or the people of a land. After dinner that night, the little girl asks if she can do something of her own—walk the dog . . . and her parents let her go. "Come with me," the girl tells the boy across the hall. Walking together, one step at a time, the girl and the boy begin to see that as small and insignificant as their part may seem, it matters to the world.

After the Fall, by Dan Sinat

<https://a.co/d/2nmZbiT>

Everyone knows that when Humpty Dumpty sat on a wall, Humpty Dumpty had a great fall. But what happened *after*?

Caldecott Medalist Dan Santat's poignant tale follows Humpty Dumpty, an avid bird watcher whose favorite place to be is high up on the city wall—that is, until *after* his famous fall. Now terrified of heights, Humpty can no longer do many of the things he loves most.

Will he summon the courage to face his fear?

*After the Fall (How Humpty Dumpty Got Back Up Again)* is a masterful picture book that will remind readers of all ages that *Life begins when you get back up*.

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A Terrible Thing Happened, by Margaret M. Holmes

<https://a.co/d/ejvJ1aH>

A gently told and tenderly illustrated story for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire.

Healing Days: A Guide for Kids Who Have Experienced Trauma

<https://a.co/d/hMv9p5H>

*Healing Days* is a sensitive and reassuring story intended for children who have experienced trauma and covers the feelings, thoughts, and behaviors that many kids have after a bad and scary thing happens.