

***ACT -- Adults & Children Together – Against Violence Training Program** is a train-the-trainer model. It is based on four decades of research by the American Psychological Association (APA) and the National Association for the Education of Young Children (NAEYC) with a national ad campaign by the AD Council.

It focuses on the adults who care for children ages 0-8. It covers topics such as:

- Discipline as it Relates to Child Development
- Cultural Diversity and Sensitivity
- Anger Management
- Social Problem Solving
- Media Literacy

ACT workshops will offer critical skills and life changing information.
It is information you will not want to miss!

Let us show you the Community Development & Training Program opportunities available.

Child & Family Resources is the coordinating organization for the ACT initiative in this area. If you would like more information on how to become a trained

Facilitator or how to bring ACT to your community, please call Nacie Arnold at (973) 598-2128

What a child learns about violence...a child learns for life.

TEACH CAREFULLY

We can show you how!



“Caring for Today’s Families & Tomorrow’s Future”

Established in 1972, Child & Family Resources is an organization that creates and delivers programs and services for the community that supports the development of children and strengthens families. More than a quarter century of caring about children and families has enabled the organization to serve as the catalyst for partnerships between families, local businesses, and their communities. For more information, visit Child & Family Resources online at www.childandfamily-nj.org or call (973) 927-6060.

Get the **FACTS**

Taking Care In Troubled Times Dealing with Fear, Anxiety and Uncertainty



TAKING CARE IN TROUBLED TIMES

Dealing with Fear, Anxiety and Uncertainty

The recent heightened terror alerts and the possibilities of war have caused much anxiety and fear for almost everyone. As with the reactions to the 9-11 attack and its anniversary, adults are once again faced with dealing with their own feelings and those of the children in their care. Parents and teachers are reporting that children are more anxious, active and reactive since the heightened alerts. Even the infants and preschoolers are showing these reactions, and as we have learned, all children are watching and copying the significant adults in their lives.

Because this type of terrorism is relatively new to us, most people are unsure of how to interpret the changing alert levels, action recommendations, and news stories. Some have reported feeling very uncomfortable while others have experienced an overwhelming feeling of panic and paranoia about the possibility of another sudden attack. As adults caring for children, we need to manage our own feelings and reactions carefully and take good care of ourselves.

If you understand that the central goal of terrorism is to provoke terror and that fearing terror makes the terror grow, you might be able to set some boundaries around your reactions and become proactive in your response. Make sure you maintain a critical ear to all news and information you receive, since much mis-information will occur around such emotional issues. Limit the time that you and your family spend with the media on such information. Be sure to keep your life in perspective when it comes to dealing with your fears. A good suggestion is to read the newspaper backwards, to see the human-interest stories and daily life happenings that stabilize us, and leave the more sensational news until later. It is extremely important that we do not continually tune in to hear the "latest" as this increases anxiety and fear and does little to prepare us for any actions. Control your exposure to the news: don't let the news control you!

Some preparation suggestions that the media have stressed are probably good ideas, while others are questionable at best. Having a plan of action for any disaster, natural or man-made, makes sense. Prepare your home for emergencies and disasters. Learn CPR and first aid. Know the route to your local hospital. Ask about policies in your workplace and your children's schools with respect to any disaster.

Once your plan is in place, life should go on without continual emphasis or over reaction. The media has stressed being alert to our surroundings. Being hyper-alert, however, increases our anxiety level and robs us of enjoying life on a daily basis. Using family and friends for support and asking for help can greatly reduce our anxiety levels. Reaching out in friendship to all groups of people in American society will allow us to reduce fear through familiarity and support. Reliance

on your individual faith base will give you and the children in your care the hope and assurance needed.

It is extremely important that we go about our daily lives of being productive and enjoying ourselves. If you want a role model for this, just watch the children!

Infants will be reacting to adult behaviors more than to media or information. They know when their caregivers are anxious, and take their coping cues from them. If caregivers are tense and pre-occupied, little ones soon learn to react with out of sorts and fretful behavior. Caregivers must take good care to reduce their own anxiety and provide secure and loving care to these precious infants who will then relax and once again be the joys of our lives.

Toddlers and pre-schoolers will also "read" the cues from adults and, if given the media exposure, will also try to make some sense out of the pictures and words of somber TV news. It is imperative that they not be exposed to these programs! Some may ask questions about why adults are anxious or sad, while others may react with a variety of behaviors. Children might be whiney/clingy, anxious, confused, unfocused, out of sorts and or aggressive. It is important to reassure these children that parents, caregivers, police and other adults are keeping them safe. When children feel safe, and see their caregivers calmed, they can then relax and enjoy their world of play.

Even if exposure to media is limited at home, school age children will hear about threats and acts and will respond to this information as well as to the reactions of the adults around them. It is important that we talk with these children and, according to their level of understanding, give them information and the reassurance of safety. A sense of control is crucial to our dealing with feelings of anxiety and fear. For younger children, having them draw their feelings or act them out in play can be very constructive for them and instructive for us in how to reassure them.

For older children, discussions about their concerns and correction of mis-information as well as involving them in a preparedness plan for any type of natural or man-made disaster may give them reassurance that the adults in their lives are in control and are keeping them safe.

When children are reassured of their safety, they feel they have some control over their lives, and see the adults who care for them enjoying themselves and going on about their daily lives, they too will relax and role model for us the joy of each day.

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