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## Holiday Newsletter

December 2009

### Resilience is What Kids Need After a Big Problem:

Welcome to Tool Kits for Kids Holiday 2009 Newsletter. We decided to make resilience the focus of this newsletter since it is such a crucial life skill and one that is especially important in tough times. Many young people are faced with a serious difficulty at some point in their lives. When this happens children and teens need resilience skills to help them heal after a traumatic situation or an especially big problem. Resilience is the ability to get through the worst of times. It may be comforting to know that resilience skills can be learned. This is one of the many reasons that Tool Kids for Kids created the Build Up Your Resilience Tool Kit for Kids, our newest tool kit in the series.



**Why is Resilience so Important?** When a crisis happens, many young people often feel they will never be the same again. Crises can come in many forms today. Some children and teens are dealing with divorce or other family conflicts, the death of a parent or other loved one, accidents and illness, natural disasters, financial problems, and concerns about terrorism. When tough times happen, kids need to keep their personal identity intact, recognize their feelings make sense, begin to know that their life may improve in time, and find ways to restore hope. This is a tall order. Learning resilience skills can help put them on the road to feeling better.

**A Few Important Facts:** Data is important in understanding the scope of a problem. Here are but a few facts. It is common knowledge that one in two marriages end in divorce, many of these situations having a direct impact on children. Over one million children in the U.S. will lose a parent to death before age 15. In 2009, there were 50 major disasters declared in the U.S. One of the most well-known disasters in recent years was Hurricane Katrina which devastated New Orleans and surrounding areas. In any traumatic situation families are deeply affected and so are the children.

**How Do Children and Teens Feel after a Crisis:** Children and teens have their own individual responses to a traumatic situation depending upon their age, what happened, family and friend support system, and individual coping capabilities. After a big problem some young people may be sad, anxious, frightened, angry, or some may report no feelings at all. It is not uncommon for a youngster to feel guilty or responsible. Some may have trouble stopping sad and scary thoughts from re-occurring over and over. Still others may have sleeping problems and report bad dreams. All of these responses make sense when a tragic situation has occurred.

## How to Help Young People after a Traumatic event or Big Problem

There are powerful cognitive, behavior and feeling strategies available to help young people deal with the aftermath of a crisis. These strategies, based on CBT (Cognitive Behavior Therapy) are the most promising and effective techniques available today. With the [Build Up Your Resilience™](#) Tool Kit, Children and teens feel reassured when they learn tools to help them find smart and strong ways to get through difficult times. Methods for dealing with intense feelings, guilt and over-responsibility, loss, anger, and scary thoughts and images are just some of the tools kids can learn. Tool Kits for Kids has developed an effective and respectful way to teach young people these necessary coping skills. You can find more information about the new Build Up Your Resilience Tool Kit for Kids™ which was just launched in November on [www.toolkitsforkids.com](http://www.toolkitsforkids.com)



**Tool Kits For Kids News** Our new product release comes at an exciting time for us. We have upgraded our website and have added features to the award-winning [Outsmart Your Worry™](#) and [Charge Up Your Confidence™](#) tool kits. All of our Tool Kits are available in two editions – the [Elementary School Edition](#) for ages 5 to 11, and now, a new [High School/Middle School Edition](#) for ages 11 to 18. It's time to revisit our website if you haven't recently!

Tool Kits for Kids showcased its products at two professional conferences this fall, one at NYASP (New York Association for School Psychologists) and the second at the national ABCT convention (Association for Behavior and Cognitive Therapy). The company and its products were enthusiastically received by the professional community. There were even a some children who found their way to the Tool Kits for Kids exhibits and were fascinated by the colorful cards and tool kits on display. After all, helping kids is what we're all about!



# Happy Holidays

# 2009

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