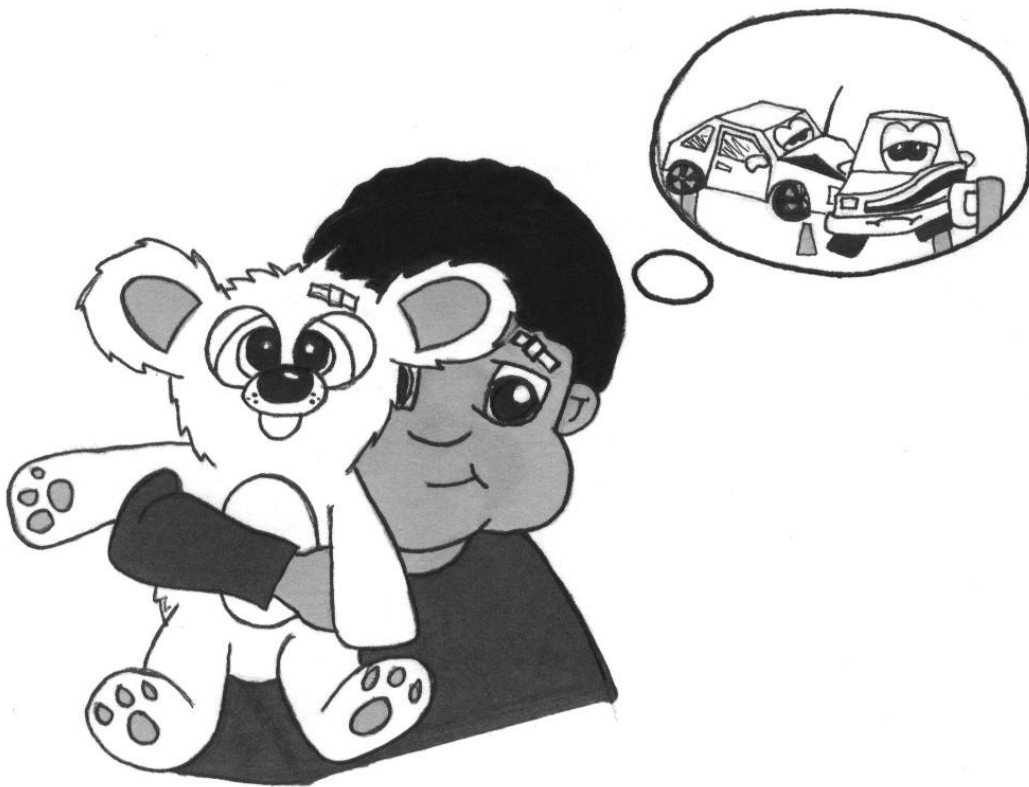


I Remember Our Crash



Theresa Atkinson

Illustrated By Daryl Marshke

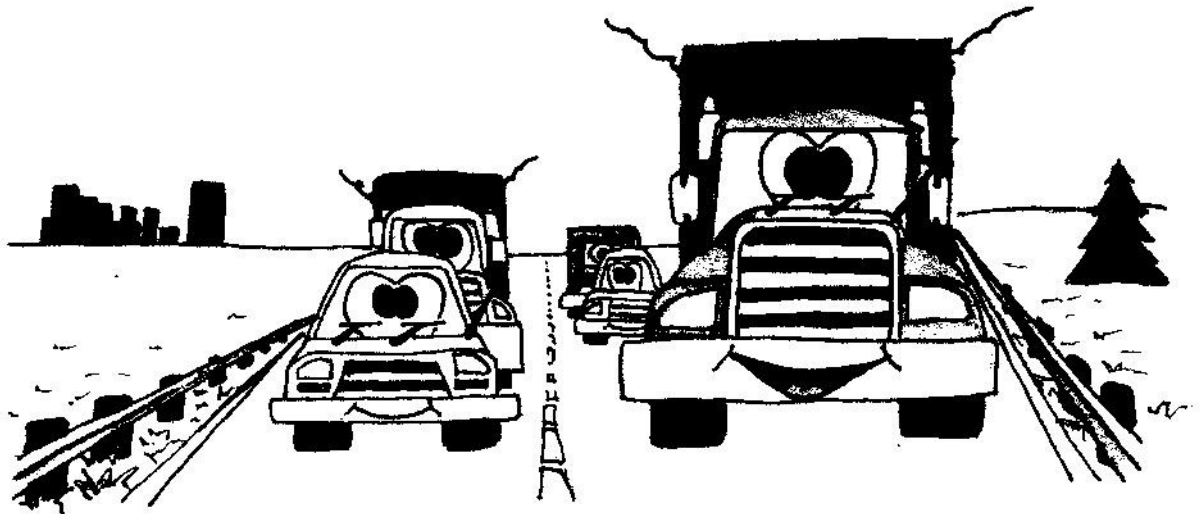
Dear Parent or Guardian,

This book is intended to help you start to talk with your child about feelings and fears after a serious motor vehicle accident. It was developed based on our personal experiences after a very serious crash. In the months after our crash our daughter continued to express fears about riding in the car. This book discusses some of the issues that came up as we dealt with her (and our) anxiety. We hope that it provides some help for you in talking to your young children. As you read this book, be aware of your child's response. If they seem uncomfortable or disinterested, set the book aside. It may take days or weeks before a child is ready to talk about the crash.

Fears after a serious crash are very common in children and adults, nearly 80% of children have at least one symptom of Acute Stress Disorder shortly after a traumatic event. There are several things you can do to help your child during this time: give extra hugs and reassurance to let them know they are safe, allow your child to talk about (or draw pictures about) what happened, and, as much as possible, go back to your everyday routine. Some children and adults benefit from talking with a mental health professional, especially when their worries or fears interfere with school or cause them to stop doing things they used to enjoy. Your doctor can help you find out the best way to help your family if you are worried. You can also find information on-line at the Center for Pediatric Traumatic Stress's website www.chop.edu/cpts.

Sincerely,
Theresa S. Atkinson

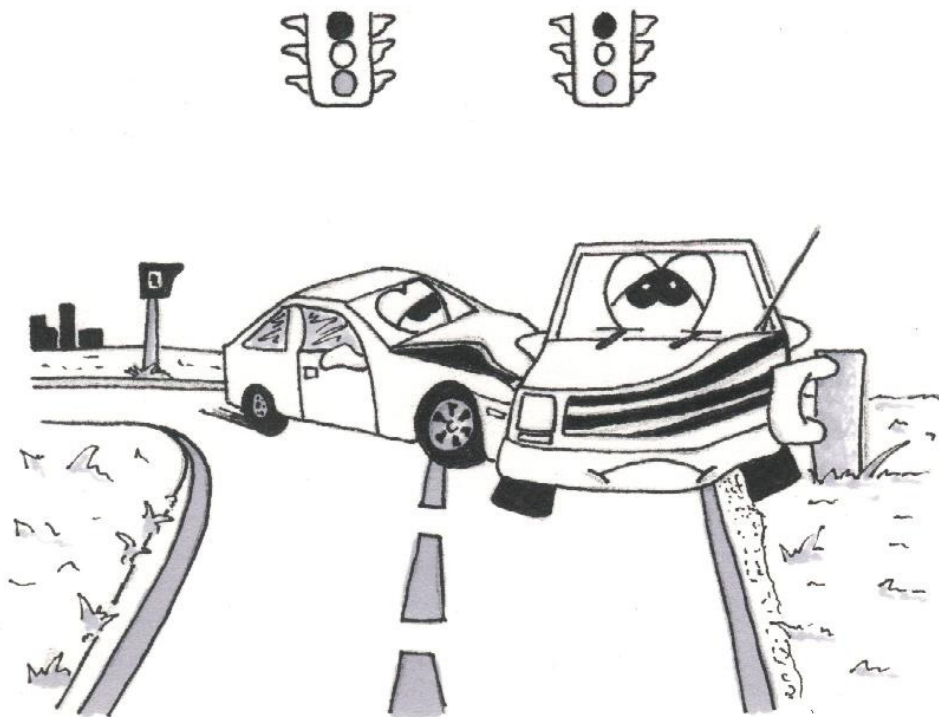
People drive in trucks, cars and minivans every day. Traveling in a car is a good way to get to many fun places like the park or a favorite friend's house.



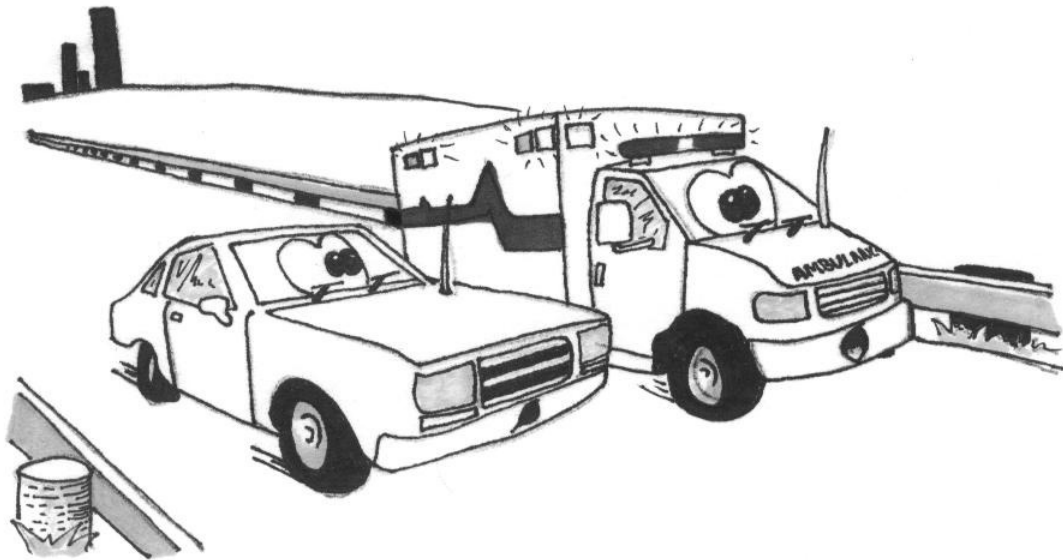
People also use their vehicles to get to important places like the store or school. Many families drive their car almost every day.



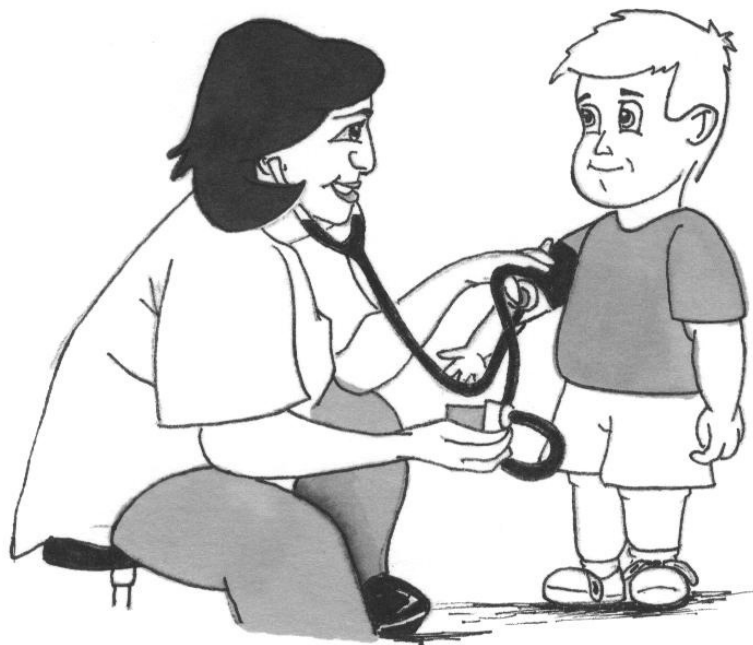
When people ride in a car they take special care to keep everyone safe. Sometimes, although no one wants it to happen, cars can crash. Crashes are accidents where cars bump into one another. Sometimes they bump very hard. When a car crash happens it can be scary.



If you have a crash, special people will come in an ambulance to help you. You might have to ride in the ambulance to help you get to a doctor very quickly. The people in the ambulance will try to help you feel better as you travel to the hospital.




If you are hurt in a crash, doctors want to help you get better. They do special tests and take care of your boo-boos.



Sometimes it takes a long time for boo-boos to get better. But after a while, the boo-boos heal and the hurt is all gone.



This is a place where you can draw a picture or ask a grown-up to write about your crash.



People drive every day without ever having a crash. Your family will do everything they can to keep you safe in your car.

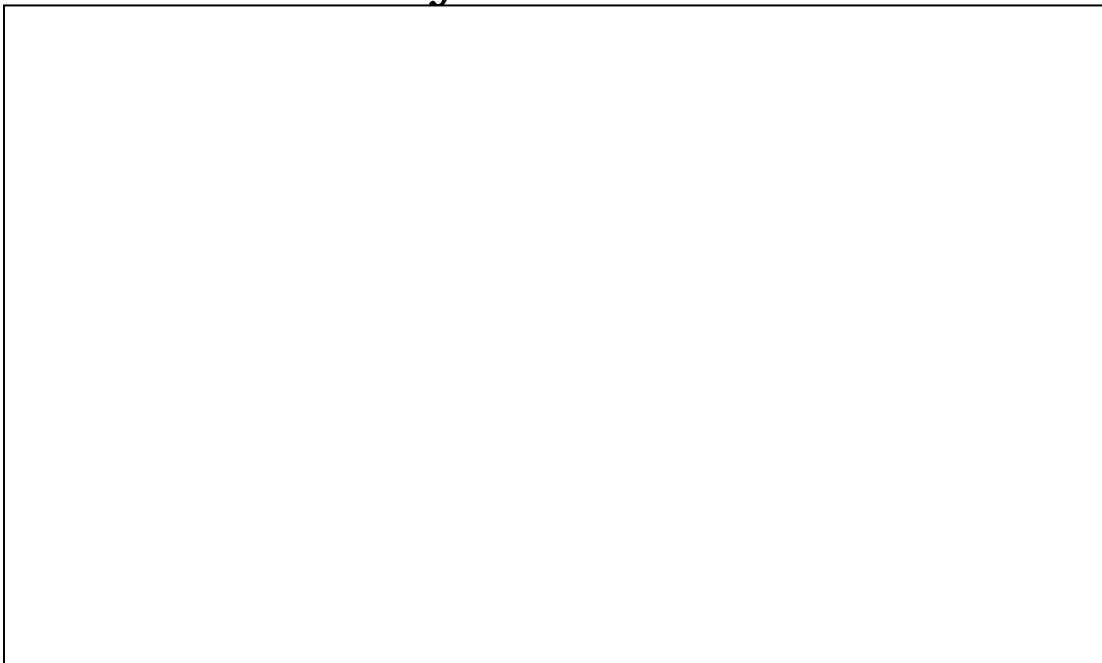


A person might feel afraid after a crash. It's a good idea to talk about your feelings. Talking about what happened with someone who loves you can help you feel safe.

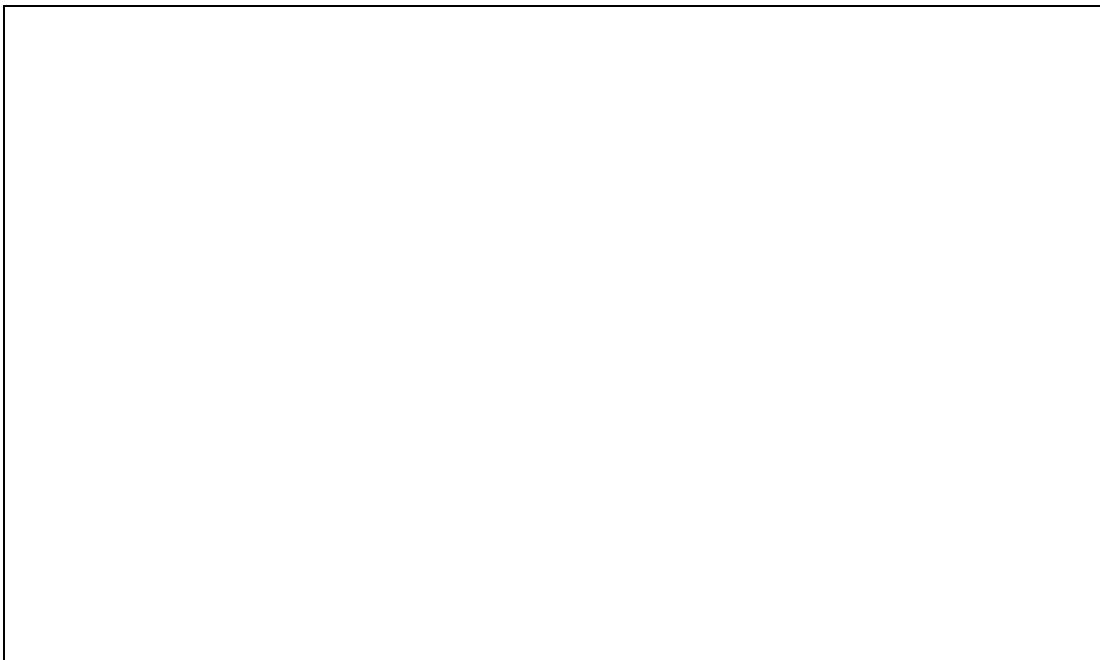


Sometimes drawing a picture or telling a story can help you explain how you feel.

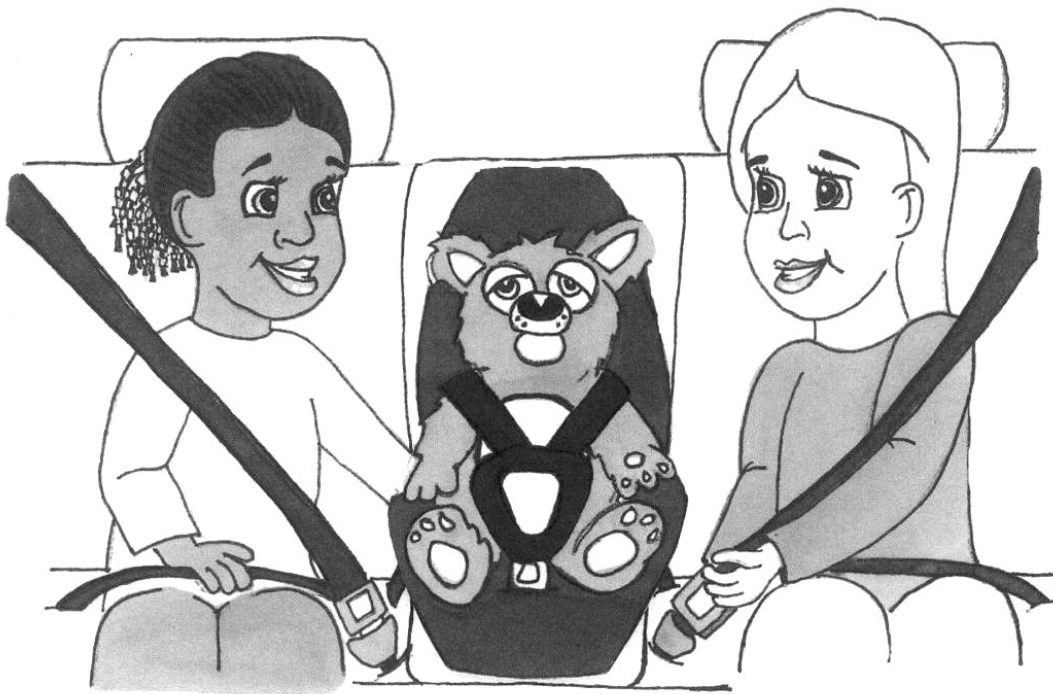
How I felt after my crash.

A large, empty rectangular box with a thin black border, intended for a drawing or written response.

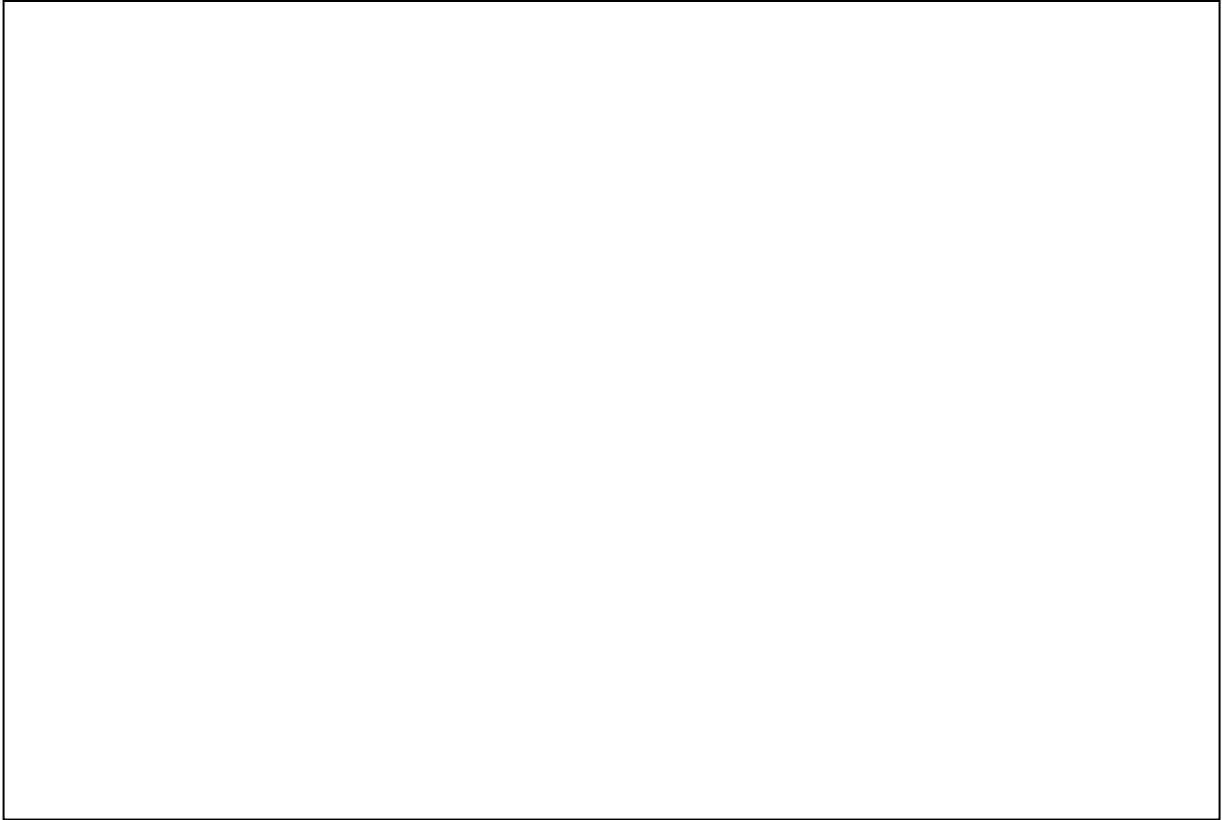
How I feel now.

A large, empty rectangular box with a thin black border, intended for a drawing or written response.

When you ride in a car or truck, things like car seats or booster seats and seat belts can help keep you safe. A person might also want to hold a special toy or blanket to help them feel better. Sometimes listening to music or asking a grown up to sit next to you can help.



What can you do to feel comfortable and safe as you travel?



Having a crash can make traveling in the car hard for a while, but you won't always feel scared or worried when you go for a ride. Some day you will look forward to the wonderful places you go when you travel.



What are some of the places you like to go?

A large, empty rectangular box with a thin black border, intended for a drawing or a written response to the question above.

“My favorite place to go in my car”

