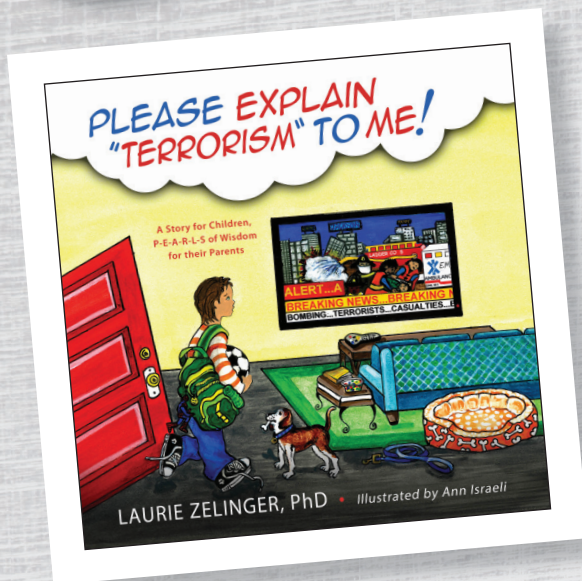


# PLEASE EXPLAIN "TERRORISM" TO ME!

BY LAURIE ZELINGER, PHD

ILLUSTRATED BY ANN ISRAELI, MA



"This book provides the 'PEARLS' of wisdom for parents and children to discuss a scary topic like terrorism in ways that promote healthy and authentic parent-child conversations that yield to mutual respect and bonding."

—**Marc A. Brackett, PhD., Director, Yale Center for Emotional Intelligence**

"This fascinating guide amounts to a riveting lesson of clarity and to a masterpiece in bridging the unbridgeable."

—**Honorable Yehuda Lancry, Former Ambassador of Israel to the United Nations**

"Dr. Zelinger uses common sense, a simple clarification of the basic issues, and reassurance to provide a deeper understanding of terrorism for kids—without a corresponding rise in anxiety."

—**Tomas W. Phelan, Ph.D., Psychologist/Author, 1-2-3 Magic!**

## A Story for Children, P-E-A-R-L-S of Wisdom for their Parents

COMPLEMENTED BY EXQUISITE, COLORFUL artwork, Dr. Zelinger skillfully crafts an easily relatable children's story using everyday situations, around the oppressive concept of Terrorism in the news. With masterful understanding of the child's world, new and frightening concepts are introduced carefully and gently, with the child's perspective in mind. Dr. Zelinger provides parent coaching to further the dialogue in her P-E-A-R-L-S of Wisdom section (Prepare, Explain, Answer, Reassure, Listen, Safeguard) where caregivers are given scripts to guide them, as well room for individuality. This pioneer book helps children and parents face a critical, often avoided topic with reassurance and calm.



*DR. LAURIE ZELINGER is a distinguished Board Certified Psychologist with Diplomate status in school psychology as well as credentialed play therapist who serves on executive boards of state and national organizations.*

*ANN ISRAELI is a retired art teacher, wall paper and textile designer.*

[www.DrZelinger.com](http://www.DrZelinger.com)

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JUVENILE FICTION/ Emotions & Feelings

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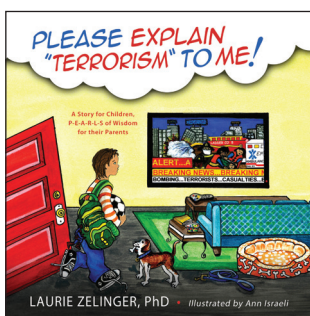
## LAURIE ZELINGER, PHD

Dr. Laurie Zelinger is a Board Certified Psychologist and credentialed play therapist whose private practice and professional writing is devoted exclusively to understanding and helping children. In her role as media referral representative for the American Psychological Association and with 40 years' experience, she is often sought for comment on children's developmental issues. Since her recent retirement from a Long Island Public School, Dr. Zelinger is now treating children in her busy private practice as she begins to write her sixth book.



## ANN ISRAELI, MA

Ann is a retired art teacher, wall paper and textile designer who hails from the Fashion Institute of Technology in New York City. While her passion is creating elaborate oil paintings she is now branching out into illustrations, a new field for her. This is Ann's first book.



**www.DrZelinger.com**

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# PRAISE & ENDORSEMENTS

*"This book provides the 'PEARLS' of wisdom for parents and children to discuss a scary topic like terrorism in ways that promote healthy and authentic parent-child conversations that yield to mutual respect and bonding."*

**Marc A. Brackett, PhD., Director, Yale Center for Emotional Intelligence**

*"In her captivating new book, Dr. Laurie Zelinger, a leading expert in child psychology, explores the troubled realm of terrorism from a child's perspective. Deep and yet accessible, her remarkable deciphering of the psychological factors that hinder the free communication between parents and children on terrorism is compelling. It deals with an intrusive scourge, which stands in a blatant contradiction to the rather radiant child's universe. This fascinating guide amounts to a riveting lesson of clarity and to a masterpiece in bridging the unbridgeable."*

**Honorable Yehuda Lancry, Former Ambassador of Israel to the United Nations**

*"This forthright and calming story clarifies the nature of terrorism for children ages 7 to 11. An afterword for parents offers guidelines for parents*

*about how to dialogue with their children on this important topic. Highly recommended!"*

**Charles E. Schaefer, Ph.D., RPT-S, Co-Founder and Director Emeritus, The Association for Play Therapy**

*"As a parent, it can be challenging and overwhelming to find the words to talk with your child about frightening and potentially traumatic events such as acts of terrorism. Please Explain Terrorism to Me meets this need and is likely to become an invaluable resource for parents and other caregivers to help guide these critical conversations."*

**Christina Laitner, Ph.D., The Child Study Center at NYU Langone Medical Center**

*"Please Explain 'Terrorism' to Me" is a straightforward and down-to-earth treatment of a difficult subject. Dr. Zelinger uses common sense, a simple clarification of the basic issues, and reassurance to provide a deeper understanding of terrorism for kids—without a corresponding rise in anxiety."*

**Tomas W. Phelan, Ph.D., Psychologist/Author 1-2-3 Magic!**

*"Dr. Zelinger provides caregivers with "P-E-A-R-L-S of Wisdom" in her*

*honest, developmentally appropriate approach to a terrifying topic. This book is an essential resource to ensure that children are provided straightforward information in a sensitive fashion to an issue, all too often ignored."*

**Sarah Valley-Gray, Psy.D., ABPP President, American Academy of School Psychology**

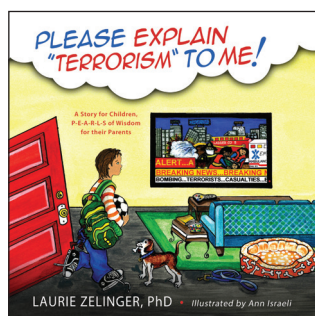
*"Dr. Zelinger opens up the Pandora box of 'Terrorism' delicately and with great sensitivity as she brings awareness, tools and answers to children growing up in our ever changing world today. Dr. Zelinger's book magically fosters, promotes and encourages conversation and social skills. This is a powerful and valuable book for children and adults."*

**Penny Ellis, LIVE! Regis & Kelly Second annual Top Teacher winner, 2011**

*"With bombings and shootings so frequently in the news, Dr. Zelinger's book is a timely source of guidance to parents on the importance of explaining terrorism to their children. It's full of great advice on listening thoughtfully and understanding your child's perspective."*

**Dewey Cornell, Ph.D., Director of the Virginia Youth Violence Project**

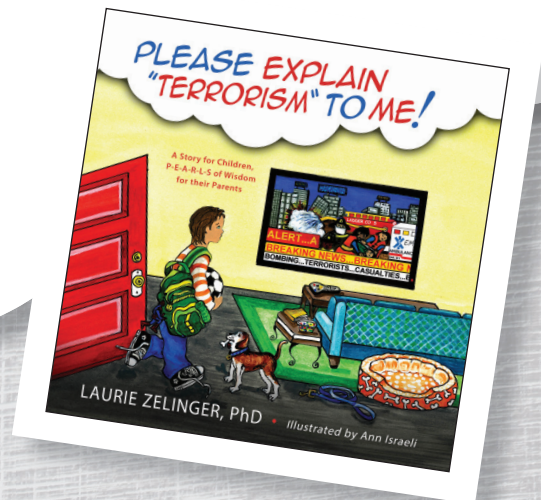
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# QUESTIONS & ANSWERS

BY LAURIE ZELINGER, PHD



## Why this book for kids on such a frightening topic?

Because we are surrounded by troubling images of Terrorism in all forms of the media, children are exposed to graphic material on so many levels. The bits and pieces of information they gather can be at the very least, confusing, while at the other extreme, traumatizing and emotionally wrenching. Having worked with young children both in school and in my private practice, I am seeing vast increases in the levels of anxiety kids that experience daily. Children are often frightened by the unknown and that which they do not understand, especially in the context of emergency situations. Even the most resilient child is likely to be reactive when he sees his parents showing fear or alarm.

By filtering and synthesizing these current events, we, as adults, can choose that which we wish to share. Never before have parents had to grapple with explanations of this sort, and never before have they had a guide book available to assist in the process. This book was written to help explain the proliferation of Terrorism references and events to children in a way that could be understood at their developmental level. The use of recognizable details in everyday is grounding and cuddles them in familiarity. Then gently, simplistically and without prejudice, honest information is introduced and integrated into a framework. This reassuring approach helps youngsters grasp a disturbing concept without a consequent rise in fear, and helps parents figure out how to deliver a difficult message.

## Do you feel your book is appropriate to be taught to kids at home or also in the classroom?

My book is intended to be read by caregivers and children together, so that children are nestled by the adults they trust as they are introduced to a frightening concept. The P-E-A-R-L-S section permits a parent to individualize their information, consistent with their family values. While it can certainly be appropriate for reading in school, the teacher would need to take particular care to remain neutral and non-judgmental so as not to impose personal values upon his/her students. I would also suggest that teachers inform parents of the reading activity in advance, as it is likely to spark discussion and memories of prior events which may seek expression by the students. Because teachers spend so many hours with children on a daily basis, questions are likely to arise in that setting. Furthermore, practice drills in school tend to spark related discussion in the moments surrounding the drill. If a teacher has read the book to her class, her students gain the confidence that she is someone they can approach with questions or concerns.

## Have you found that school lockdown drills increase or decrease children's feelings of anxiety in the classroom? Why do I think it is that way?

While lockdown drills don't have the same auditory bell or alarms that precede fire drills and fast exits, they are much less frequent and carry a certain level of mystery and respect that command attention

*Continued on back*



when they are announced. Children are required to remain silent for several minutes, a difficult task for some and require that they are very much 'in the moment'. When schools first began to practice these drills years ago, staff were just figuring it out and children seemed more anxious. By now however, children who have been in school for at least a few years have become more accustomed to the procedure, and no longer appear to feel as anxious as they did when this was all new. Within a short time after a lockdown, most children are back in their routine, without any lasting effect. Children understand that these drills are a way to practice being safe.

**How was your experience of writing this book different from your previous books? (was it more difficult in some way or special in some way?)**

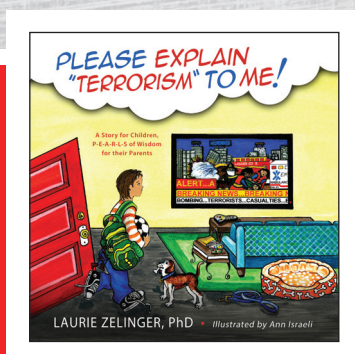
Each of my books draws upon my experience as a mother and psychologist. When I wrote a book for American Girl (*A Smart Girl's Guide to Liking Herself-even on the bad days*) my challenge was writing in the voice that was consistent with their brand. My books for Loving Healing Press presented different challenges. *The O, My in Tonsillectomy & Adenoidectomy: How to Prepare Your Child for Surgery, a Parent's Manual* required a lot of medical research while *Please Explain Anxiety to Me!* drew upon my background as a clinical psychologist. My chapter on selective mutism in "School-Based Play Therapy" emerged from my personal experience as well as my years as a school psychologist and play therapist, but *Please Explain Terrorism to Me: A*

*Story for Children, P-E-A-R-L-S Of Wisdom for Their Parents* was created based on the impact of critical events making their way into our day-to-day lives. The frequency of mass casualties and the unavoidable blasts of media coverage have created a new norm for families. While many mental health organizations have created informational sheets for parents, there was a dearth of material aimed at a child's level of interest. I wrote this book as a first step in closing that gap.

**What types of symptoms are most common among children who have been exposed to terrorism by media coverage or through the word of mouth?**

Literature points to symptoms of anxiety and at times depression, when children grapple with uncertainty, separation from their parents, trauma or feelings of possible victimization. While each child may experience a unique constellation of symptoms, often sleep disturbances prevail, as well as a need to stay close to their parents and monitor their whereabouts. You might notice preoccupation with certain thoughts, increased questioning or need for reassurances (which may not always work), loss of interest in usual activities and irritability. Concentration and school performance may suffer while somatic complaints may rise. The child who has already experienced some sort of trauma or who may be suggestible and vulnerable to anxiety, is the one who may be most tethered to the emotional impact of the images and stories portrayed in the media. These children, expectedly, could be most symptomatic and would require more support.

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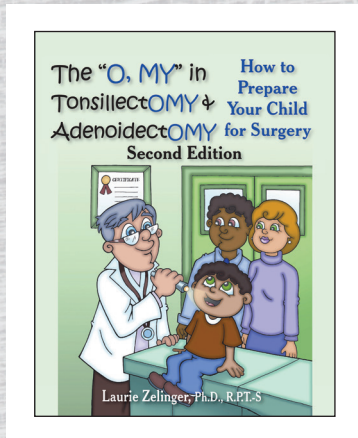
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# OTHER TITLES

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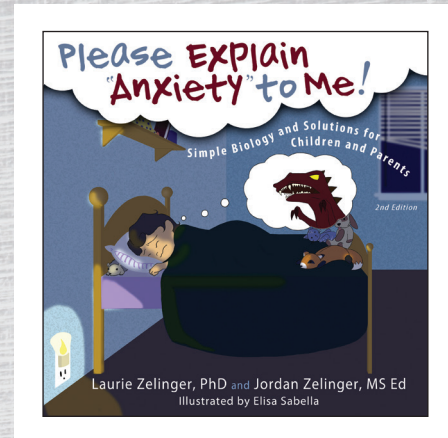


## The “Oh, MY” in Tonsillectomy and Adenoidectomy: How to Prepare Your Child for Surgery, 2nd Ed

This bestselling book helps parents understand and organize the necessary medical and emotional components that accompany their child's surgery. In an easy to follow timeline for events prior to and following a tonsillectomy or adenoidectomy, the author provides reassuring and accurate guidance that eases the process for the patient and family.

“A valuable guide for parents intending to provide emotional preparation and support to a child about to undergo a surgical procedure.”

—Richard H. Wexler, PhD President, New York State Psychological Association



## Please Explain Anxiety to Me!: Simple Biology and Solutions for Children and Parents, 2nd Ed

This book translates anxiety from the jargon of psychology into concrete experiences that children can relate to. Children and their parents will understand the biological and emotional components of anxiety responsible for the upsetting symptoms they experience. Followed by practical therapeutic techniques that children can use to help themselves.

“Anxiety is, of course, a complicated neuro-physiological process but it has been reduced to understandable terms in this brilliantly illustrated book for children.”

—Rick Ritter, MSW, author of *Coping with Physical Loss and Disability*

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