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Executive Director
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Dear Parents,

Our children come to us for insight and understanding about the world, but as their parents, even we struggle to make sense of the devastation of natural disasters and the overwhelming heartbreak they cause. Earthquakes in Haiti, Japan, Chile, and New Zealand, hurricanes, and now recent tornadoes in the southeast United States test our ability to comprehend, much less communicate comfort and safety to hurt and affected children, or even to those wondering little minds not personally affected.

We, at API, grieve for all the lives lost and families broken apart or hurt in each one of these inexplicable tragedies. To all those affected we offer our deepest sympathies. At API, we see firsthand that families are already greatly challenged by the daily responsibilities of life, so we know this extra pain may feel like too much to bear. We also celebrate the selfless giving and countless efforts to provide assistance and comfort to the victims of these disasters.

As an education and support organization, API joins with other organizations in reaching out to support our hurting communities. API is focused on informing and supporting parents and professionals regarding secure attachment in our children. We know that for our children to grow healthy and strong emotionally, they need to feel security in their relationships in peaceful times as well as in disasters. As parents, it is our role to provide that sense of security through our presence and responsiveness to them and their needs. Parents and professionals who have travelled this road of trauma from disaster have invaluable experience to offer that will help us be sensitively responsive even in the most difficult of times, ensuring that we do not need to endure them alone.

API is pleased to share with parents and professionals two excellent, informative resources identified by the [API Research Group](#) (API-RG) and created by the National Child Traumatic Stress Network, Early Trauma Treatment Network, Child Trauma Research Project of the University of California-San Francisco, and the Infant Mental Health Association of Aotearoa, New Zealand (IMHAANZ), created in response to the earthquake in Christchurch, New Zealand:

[After a Disaster: Helping Young Children Heal
Young Children, Trauma and Sleep](#)

API encourages parents to seek the support of a local API Support Group and find valuable support, information, and resources for the parenting journey. Accredited API Leaders volunteer their time to ensure parents have much-needed support and encouragement, in the rewarding and delightful times of parenting, as well as the most difficult ones.

With compassion,

Samantha Gray
Executive Director
Attachment Parenting International