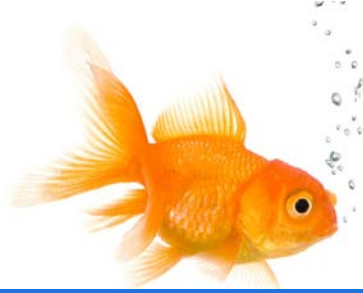




Family & Children's Aid
for every child, a home



Lions, Tigers and Cans, Oh My!

7 and 10 year-olds who reported more "intimate talks" with their pets, also reported more empathy with their peers.



Did You Know...?

"Post Traumatic Stress Disorder (PTSD) is one of the most common diagnosis we see in the children who come to us for care." states Janet Murphy, LCSW, Director of Clinical Services for Family & Children's Aid." Fifteen to twenty years ago it was thought only soldiers who had seen active duty developed PTSD. But now we know differently. Symptoms of PTSD in children look very similar to symptoms of other diagnosis: angry outbursts, impulsive behavior, nightmares, withdrawal, complaints of headaches or stomachaches, school refusal and poor peer relationships."

All children and teens experience stressful events in their lives. If a child has support to help them manage and process the event, their reactions to the stress are generally brief and they usually recover without further problems. When a child seems like they aren't returning to their "old selves" or are exhibiting behaviors like those listed above, it might be time for some professional help to assist your child in dealing with the traumatic event.

A child's response to stress is more likely to elevate into PTSD if the child or teen has experienced or witnessed first hand an event of people hurting other people, such as rape or assault or if the child perceives a serious threat to the safety of themselves or a parent or caregiver. They don't have to be the victim of an event. Even hearing about events like violent crimes, domestic violence,

Do

See Your Animal Art in the Eric Carle Museum

Submit a digital image of your original artwork of your favorite animal by August 1, 2014 and your creation will be included in the online [virtual gallery](#) and on a digital screen in the *What's Your Favorite Animal?* exhibit at the Eric Carle Museum through August 31st.

>>[Submission Guidelines and Project Info](#)

Go

Who Wants to be a Zookeeper?

Celebrate National Zookeeper Week at Beardsley Zoo from 7/20-26! Say hello to Beardsley's zookeepers and enjoy the fun-filled activities they have in store for you -- including a super fun kids scavenger hunt!

>>[More Info](#)

school shootings, car crashes, fires, war, or a friend's suicide can trigger a stress response in a child. Also, the more traumas a child experiences, the more likely they are of developing PTSD.

It is also important to be aware that it is not the event itself that is traumatic, but the individual's response to it. An event that is traumatizing to one child may not be traumatizing to another.

For more information, please visit [American Academy of Child and Adolescent Psychiatry](#) or [The National Center for PTSD](#)

Tin Can Animal Stilts



Make these awesome elephant feet tin can stilts using these [instructions from Martha Stewart](#).

Another take on the animal feet are these adorable, fur-covered, tin-can [monster feet stilts](#) by The Alyson Show. Use your imagination to come up with your own animal designs and make a whole zoo's-worth of tin can animal feet!

All it takes is two, **unopened** 15-20 oz tin cans (they're sturdier than using already opened cans), some cord, paint and an old fashioned can and bottle opener (or hammer and nail) to drain the contents and make holes.



Elephant Feet Tin Can Stilts by Marthastewart.com; Monster Feet Tin Can Stilts by thealisonshow.com

Read

Read About Connecticut's State Animals

State Bird
American Robin

State Insect
European Praying Mantis

State Animal
Sperm Whale

State Fish
American Shad

State Shellfish
Eastern Oyster

>>[Read More](#)

Laugh

Q: What do you call a pig who knows karate?

A: Porkchop!

Q: Why did the cow cross the road?

A: To get to the udder side!



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Family & Children's Aid (FCA) provides high quality, innovative and responsive programs focused on emotional and behavioral well being that helps children faced with mental health challenges heal.