

To: Mrs. Jane Howard  
From: Dr. Smith  
Subject: After the Injury website for parents

An injury can be a stressful experience for the whole family. You can help your child recover by learning about what to expect after an injury, common reactions in children, and things you can do to best help your child.

I suggest that you visit [www.AfterTheInjury.org](http://www.AfterTheInjury.org) to review important information about ways you can help your child cope.

The site has practical information and tips for parents, and tools to let you create a personalized care plan for how to help your child.

You can contact our office at xxx-xxx-xxxx with any questions you may have about your child's care.