

Trauma: An Overview for Parents & Caregivers

Trauma - The experience of an event by a child that threatens or causes harm to their emotional or physical well-being which often results in lasting health effects.

Trauma Reactions can vary, but may include...

- Depressive symptoms
- Anxiety
- Difficulties with attention
- Nightmares
- Intense & ongoing challenges with emotional regulation
- Behavioral changes
- Increased irritability
- Feeling numb or disconnected
- Flashbacks/recurring memories of the traumatic event
- Physical symptoms (e.g., aches & pains, trouble sleeping or eating)



How can you help your loved one heal from trauma?

There is no correct timetable for healing. Try not to push child to move on & remind them their feelings are valid.

Set reasonable & consistent limits & provide clear expectations

Watch for trauma-related “triggers” or reminders that are difficult for child

Take time to understand child’s behaviors so you can respond, not react

If child struggles to communicate their needs to you verbally, encourage them to write or draw them.

Reassure child that they are not responsible for the traumatic event