

# Children and Trauma

## What you can do to help

### Potential reactions

- 1 Behavioral changes like aggression or withdrawal
- 2 Reenacting trauma in a play
- 3 Returning to “younger” behaviors like sucking a thumb or wetting the bed

### Potential responses

- 1 Remain calm and breathe. Your child is more likely to do the same
- 2 Stay curious and avoid punishment
- 3 Create a safe and comfortable environment

### Potential reactions

- 1 Struggling in school
- 2 Change in interpersonal relationships by being withdrawn or overly attached
- 3 Inability to comfort self

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### Potential responses

- 1 Let them know you are a source of support
- 2 Do not be afraid to discuss the event
- 3 Encourage healthy coping skills

## REMEMBER

There are lots of common reactions after a disaster. No reaction is wrong. Some other common reactions include:

- Having feelings of guilt
- Having new feelings of anxiety or fear
- Modeling caregiver responses

*You cannot effectively take care of others if you do not take care of yourself first.*