



After a Traumatic Event



Introduction:

Helping Children Cope After a Traumatic Event

Although anxiety and other issues may last for months, seek immediate help from your things that are not there, becomes excessively worried, has temper tantrums, or hurts himself or others (e.g., head banging, punching or kicking).

You can best help your child when you help yourself. Talk about concerns with friends and relatives; it might be helpful to form a support group. If you belong to a church or community group, keep participating. Try to eat right, drink enough water, stick to exercise routines and get enough sleep. Physical health protects against emotional vulnerability. To reduce stress, do deep breathing. If you suffer from severe anxiety that interferes with your religious leader. Recognize your need for help and get it. Do it for your child's sake, if for no other reason.

Infants sense your emotions, and react accordingly. If you are calm, your baby will feel secure. If you act anxious and overwhelmed, your baby may react with fussing, have trouble being soothed, eat or sleep irregularly or act withdrawn.

Even if you are feeling stressed or anxious, talk to your baby in a soothing voice.

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facts with fears. They may not realize that the images they see on the news aren't happening again and again. They should also not listen to the radio.

Try a simple question such as, "How are you feeling today?" Follow any conversations

to help kids feel more safe and calm.

This will help her make sense of the event and cope with her feelings. Play can often be used to help you) ow simp o

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— Anxiety

(like bullying or fighting with peers)

— Repeatedly asking questions

(more typical among kids ages 9-11)

— Academic problems (like trouble with

Children's Reactions to Trauma

Children have so many changes happening in their bodies. They struggle

to understand what is happening to them. Traumatic events can make them feel out of control, even if they act as if they are strong. They will also feel bad for people affected by the disaster, and have a strong desire to know why the event occurred.

Common Reactions

Children may show vulnerability; they may try to act as if they are doing fine even though they are not. While they may resist hugs, your touch can help them feel secure. You can say something like, "I know you're grown now, but I just need to give you a hug."

Give them small tasks and

responsibilities that show them how much you value what they have done and how they have handled themselves. Do not

assign adult-like ones, as that will add to their anxiety.

Children who don't want to talk. Try to start a conversation while you are

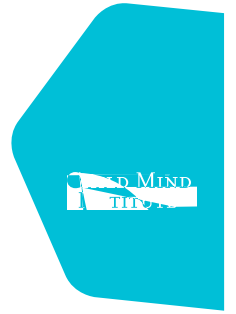
engaged in a non-threatening activity.

Encourage children to talk to you about their feelings. Encourage them to help with organizing one. Also encourage conversation with other trusted adults, like a relative or teacher.

— Depression and extreme sadness

— Panic and anxiety, including worrying

at end school





The Child Mind Institute is an independent nonprofit dedicated to transforming disorders. Our teams work every day to deliver the highest standards of care, and policymakers to support children when and where they need it most. in school and in life. We share all of our resources freely and do not accept any funding from the pharmaceutical industry. [childmind.org](https://www.childmind.org).