

# SIGNS OF TRAUMA IN YOUNG CHILDREN (AGES 3–6)

## Physical and Developmental Changes

- Sleep disturbances or frequent nightmares
- Loss of appetite or weight changes
- Regression, such as bedwetting, thumb sucking, or loss of speech or toileting skills
- Loss of recently mastered developmental milestones

## Relationship and Attachment Difficulties

- Difficulty trusting others
- Withdrawal from previously trusted adults
- Trouble making or keeping friends
- Controlling or overly passive behavior
- Social isolation



## Emotional and Behavioral Responses

- Increased fearfulness or new fears
- Clinginess and difficulty separating from caregivers
- Irritability, dysregulated behavior, or aggressive behavior
- Hyperactivity, impulsivity, or restlessness
- Emotional numbness or difficulty expressing feelings
- Repetitive or trauma reenactment play
- Heightened sensitivity to environment
- Excessive compliance or extreme fear of punishment

## Cognitive and Learning Impacts

- Difficulty focusing or completing tasks
- Learning challenges or developmental delays
- Problems with problem solving and planning
- Trouble processing information
- Reduced curiosity