

# Supporting Children After Trauma

Adults' **responses** to trauma influence how children **cope**. Remaining **calm**, creating a **safe** environment, and **reassuring** children that they are loved and cared for can help them **feel secure** during difficult situations.

## What Adults Can Do

- Ensure **safety** and meet basic needs
- Stay calm and offer **reassurance**
- Allow **expression** of emotions
- **Encourage** talking, drawing, or writing about feelings
- Maintain **consistent** routines
- Limit **exposure** to repeated news coverage
- Offer choices to support a **sense of control**

## Signs a Child May Need Additional Support

- Flashbacks or reliving the event
- Being easily startled
- Racing heart or sweating
- Emotional numbness
- Ongoing sadness or withdrawal



## What Adults Should Avoid

- **Forcing** children to talk about the event
- Expecting them to be **“tough”**
- Getting **angry** at strong emotions
- Punishing **regression** (e.g., bedwetting)
- Making **unrealistic** promises