

PARENTS AND CAREGIVERS

SUPPORTING YOUR CHILD

IN OVERCOMING TRAUMA

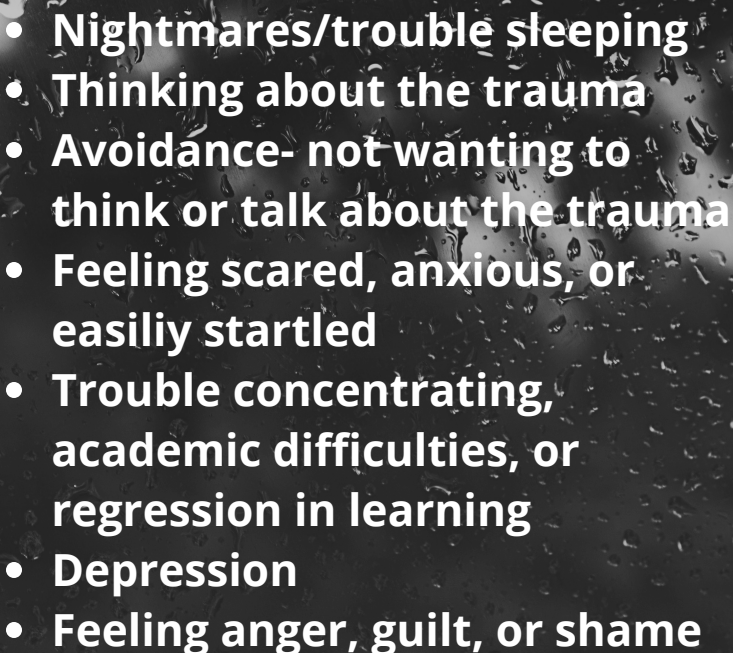
Trauma

The National Child Traumatic Stress Network (NCTSN) defines trauma as a frightening, dangerous or violent event that threatens the life or bodily integrity of the child or child's loved one.


Examples of Trauma

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- **Physical abuse**
 - **Emotional abuse**
 - **Sexual abuse**
 - **Neglect**
 - **Bullying**
 - **Exposure to violence at home or in the community**
 - **Medical trauma**
 - **Separations from family**

Common Child Reactions

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- **Nightmares/trouble sleeping**
 - **Thinking about the trauma**
 - **Avoidance- not wanting to think or talk about the trauma**
 - **Feeling scared, anxious, or easily startled**
 - **Trouble concentrating, academic difficulties, or regression in learning**
 - **Depression**
 - **Feeling anger, guilt, or shame**

Common Parent Reactions

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- **Self-blaming and feeling guilty**
 - **Blaming the child**
 - **Being overprotective**
 - **Denial about the trauma**
 - **Not wanting to enforce rules and limits**
 - **Becoming overwhelmed**
 - **Feeling worried your child won't recover**
 - **Having your own Post Traumatic Stress symptoms**

FOR

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There Is Hope

The best way to help your child after a traumatic event is to be believing, protective, and supportive.

Environments with love, laughter and learning can help your child heal and thrive.

Parenting Strategies

- **Have daily mealtime, bedtime and school routines. Structure helps reduce uncertainty and anxiety.**
- **Give positive praise to good behaviors.**
- **Set aside time everyday for an activity with your child/family (even if it's just 20 minutes).**
- **Take time for yourself and seek professional help when needed.**

Where to Learn More

- **National Child Traumatic Stress Network (NCTSN)**
- **Child Mind Institute-Trauma Resources**
- **www.recognizetrauma.org**
- **www.starr.org/training/tlc/resources-for-parents**
- **www.childwelfare.gov/topics/responding/trauma/caregivers/**
- **www.samhsa.gov/capt/tools-learning-resources/coping-traumatic-events-resources**
- **www.resiliencetrumpsaces.org/resources/**
- ***The Whole-Brain Child***
- ***How to Talk So Kids Will Listen & Listen So Kids Will Talk***

Help is Available

Detroit Wayne Integrated Health Network can connect you and your child to a Trauma Focused Mental

**Health Professional, just call
1-(888)-490-9698 or**

TTY: (800)-630-1044

Services are strengths-based, non-judgemental, and supportive.