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**
- 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**
- 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**
- 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
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.