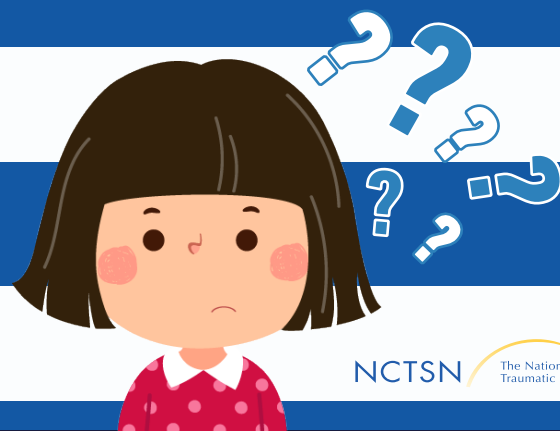


AGE-RELATED REACTIONS TO A TRAUMATIC EVENT



When a child faces a life-threatening situation or the risk of serious harm, it can be deeply traumatic. Understanding how children experience these events—and how they show their ongoing distress—helps parents, doctors, schools, and communities respond with the care and support children need to heal.

How a child experiences a traumatic event and how they respond or react depends on a few things like the child's age and their level of development

PRESCHOOL AGE

- Feeling unsure if the danger is over
- Losing a developed skill
- Having sleep challenges
- Reenacting the trauma through play
- Being more fearful
- Showing clinginess

2 - 5

SCHOOL AGE

- Feeling overwhelmed with concern
- Experiencing guilt and shame
- Having headaches and stomachaches
- Struggling to concentrate
- Having trouble sleeping

5 - 12

ADOLESCENT

- Feeling self-conscious about emotions
- Expressing feelings of revenge
- Experiencing a radical shift in beliefs
- Fearing vulnerability
- Engaging in higher-risk behaviors

12 - 18

HOW TO HELP

Provide a sense of safety & comfort

Help them put words to their feelings

Provide consistent & predictable routines

Allow them to express all of their emotions

Check in with them on a regular basis

Offer support & be patient as tasks may take longer