CHILDREN AND TRAUMA: What can you do?

- **Child traumatic stress** refers to the physical and emotional responses of a child to events that threaten the life or physical integrity of the child or of someone critically important to the child (such as a parent or sibling). Traumatic events can overwhelm a child’s capacity to cope. Children may feel terror and powerlessness; they may act out.

- **A child’s response to a traumatic event effects his or her perception of self, the world, and the future.** The child may have difficulty trusting others, feeling safe and navigating daily and long-term transitions.

- **Types of trauma** include acute (response to a single event), chronic (multiple, varied experiences), and complex (responses to multiple interpersonal traumatic events from a young age). Children who have been physically or sexually abused or witnessed violence are more likely to experience trauma, as are children and youth in foster care.

- **An individual child’s response to trauma** depends on many factors including age and developmental stage, past experiences, status as a victim or witness, and the presence of protective adults.

- **Key symptoms** of post traumatic stress disorder include:
  - re-experiencing the trauma through nightmares, intrusive memories, etc.
  - intense reactions to cues that resemble an aspect of the trauma
  - avoidance of thoughts, places, and people associated with the trauma
  - emotional numbing (detachment, estrangement, loss of interest)
  - increased arousal (sleep disorders, irritability)

- **To support a child** who has experienced trauma, a caregiver can:
  - Consider how one's knowledge, experience, and cultural frame may influence perceptions of traumatic experiences, their impact, and interventions.
  - Utilize resources the family trusts to supplement available services.
  - Recognize that exposure to trauma is the rule, not the exception, among children in the mental health system.
  - Recognize the signs and symptoms of child traumatic stress.
  - Recognize that “bad” behavior is sometimes an adaptation to trauma.
  - Understand the impact of trauma on different developmental domains.

- **Trauma-informed care can benefit children and youth.** Caregivers can recognize the impact trauma has had; help the child to feel safe; help the child to understand and manage overwhelming emotions; help the child to understand and modify problem behaviors; help the child focus on their strengths; be an advocate for the child; and take care of themselves.

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