

Tips for Survivors of a Traumatic Event

What your child may be feeling:

sad
angry
scared
embarrassed
confused
betrayed
anxious
nervous

What you may be feeling:

scared
angry
sad
worried
denial
betrayed

Your relationships may become stressed when everyone's emotions are running on overdrive. This may even cause conflicts with spouses so it is important to stick together.

Your child may exhibit the following after a traumatic event has occurred:

regression
hypervigilance
flashbacks
appear "spaced out" or withdrawn
irritability
aggression
fear sleeping alone
panic attacks
limited attention span
headaches/stomach problems
separation anxiety
fear of crowds or strangers
fear of being alone
rule challenging

How to help:

Stick to regular routines.

Always listen to your child's telling of the experience and don't challenge it.

Provide extra attention to the victim.

Also provide attention to any non-victimized children in the home.

Do not force the child to talk about the event.

Provide a safe environment for your child.

Provide a supportive and caring network for your child.

Maintain boundaries and discipline practices.

Don't be surprised if the child doesn't want to be touched.