

Supporting children after a traumatic event



Easy Read



This **leaflet** tells you:



What a **child** may experience after a traumatic event.



How you can **help** your child after a traumatic event.



What is a traumatic event?



A traumatic event is an event that causes **harm**.

After a traumatic event you may feel:



Angry



Anxious



Stressed



These are **normal reactions** to terrible events.



What might a child feel after a traumatic event?



It is very **normal** for a child to feel upset or frightened after a traumatic event.

Normal reactions to a traumatic event are:



Bad sleep- not sleeping or nightmares.



Picturing the event.



Playing and drawing about the event.



Avoiding things that might remind them of the event.



Getting angry or upset more than usual.



More on what might a child feel after a traumatic event



Not being able to **concentrate**.



Being more **jumpy**.



Becoming more **clingy** to parents or carers.



Stomach aches and **head aches**.



Changes in **behaviour**- like feeding or toileting.



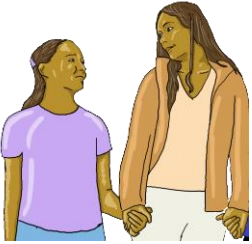
Problems at **school**.



How you can help your child?



Keep to your **normal daily activities** as much as you can.



Talk to your child.



Ask a **trusted adult** to talk to your child.



Explain what happened in a **truthful** and sensitive way.



Be **patient** with your child.



Listen to your child.



When should you get help?

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

If your child is still upset after **4 weeks** you should seek help.



They may have **Post Traumatic Stress Disorder**.



Post Traumatic Stress Disorder (PTSD) is a disorder caused by very stressful, frightening or distressing events.

Children experiencing PTSD might:



Blame themselves.



Feel under confident.

More children experiencing PTSD might:



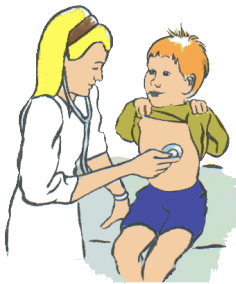
Show **less trust** and feel **unsafe**.



Feel **strong feelings**- like shame, sadness and fear.



Where to go for help?



Visit your **GP**.



Your GP can **refer** your child to someone that can **help**.



There are **treatments** available for children experiencing the effects of **trauma**.



Where to go for help?



Cognitive Behavioural Therapy (CBT) is one of these treatments.



CBT is a **talking therapy** that can help a child to cope with their problems by changing the way they think and react.