

A Child's Perspective

Challenging experiences occur in the lives of ALL children. Some of these experiences might challenge a child's ability to see the world as a safe and predictable place:

- New caregiver, school or program
- Family financial worries
- Exposure to domestic or community violence
- Loss of family member, friend or pet
- New sibling
- Hospitalization
- Divorce
- Moving
- Family illness
- Multiple caregivers



Indicators that a child may be struggling to make sense of challenging or traumatic experiences include:

- Hurting self or others
- Excessive screaming
- Destroying property
- Difficulty calming self
- Difficulty sleeping
- Toileting issues
- Silent and/or withdrawn
- Running away
- Difficulty participating in group experiences
- Difficulty moving from one activity to another

To help a child feel physically safe and emotionally secure, adults can:

- Focus on nurturing relationships
- Recognize impact of challenging experiences
- Consider child's perspective
- Develop predictable routines and expectations
- Enjoy positive moments with child
- Participate in back-and-forth interactions
- Teach problem solving skills
- Acknowledge feelings, efforts and progress
- Avoid using shame or humiliation
- Practice how to cope with strong feelings
- Find ways to stay calm in times of stress
- Reach out for help

For more information, contact: **844.456.KIDS**

CARE House of Oakland County

