

Trauma

[The National Child Traumatic Stress Network](#)

[Helping Traumatized Children](#)

Many different things may be called "traumatic". Trauma refers to experiences that are overwhelming, and may leave a person feeling helpless. Trauma may include specific types of events, such as being in an accident or experiencing a natural disaster. Trauma may also include ongoing stressors, such as physical or sexual abuse. For children, trauma can often be about separation, emotional neglect, and lack of a stable home.

How does trauma impact children? Children may:

- Develop an expectation that bad things will happen to them.
- Have a hard time forming relationships with other people.
- Have difficulty managing, or regulating feelings and behaviors.
- Have a difficulty developing a positive sense of themselves,

