



Simple Tips on What to Do and What to Look Out For after a Traumatic Event

What Should I Do?

1. **Safety** - give reassurance to your child at any age that you/we are safe. Touch is a good way of showing that. Even for yourself putting your hand on your heart to soothe your nervous system.
2. **Routines, routines, routines.** Important to lean into those routines. To keep things as stable as possible for you and your child. This will give them the reassurance that life will be okay again.
3. **Play** - Gives them a sense of normalcy and is a healthy distraction. If you have older children, encourage them to do activities.
4. **Share Information** - be brief and honest, describe in an age-appropriate way. Be curious about what they know. Reiterate that they are safe, we are safe. Listen. Understand children cope in different ways. Kids need time to digest. They may have questions at random times or well past the event.
5. **Take Care of Yourself**

What Should I look out for?

1. **Signs of Trauma.** Kids may seem okay because of the initial shock, but afterward, they might experience more symptoms–

Constantly replaying the event in their minds · Nightmares · Beliefs that the world is generally unsafe · Irritability, anger and moodiness · Poor concentration · Appetite or sleep issues · Behavior problems · Nervousness about people getting too close · Jumpiness from loud noises · Regression to earlier behavior in young children, such as: clinging, bedwetting or thumb-sucking · Difficulty sleeping · Detachment or withdrawal from others · Use of alcohol or drugs in teens · Functional impairment: Inability to go to school, learn, play with friends, etc.

2. **Know when to seek help.** You know your child best. Reach out for help, especially if the above symptoms persist or your child is a danger to oneself or others.

Lastly, help children relax with breathing exercises & grounding techniques!

*War disrupts the sequence of life. Maintaining routine and creating bridges of “normality” wherever WE CAN is the **key** to building resilience.*

Resources

[Raising Good Humans Podcast](#)

<https://childmind.org/resources/helping-children-cope-with-traumatic-events/>

[Linden](#)