

Coping with trauma

Any experience that is deeply upsetting

Types of trauma



All children, even infants and toddlers, can feel very upset by a trauma.

Family or home trauma

- Death of a loved one
- Household mental illness
- Household substance abuse
- Household member in prison
- Caregiver separation or divorce

Personal trauma

This may include being abused or witnessing abuse.

Injury, illness, hospital

- Being sick for a long time
- Hospital admission
- Medical procedures
- Serious injury
- Surgery

Disasters

- Natural (tornado, flood, fire etc.)
- Man-made (pollution, terrorist act, etc.)

After a trauma

Your child may have a hard time coping with everyday life. Trauma can affect your child's mood and behavior.



Remember, your child may be more upset by the trauma than you.

Your child may:

Emotional

- Become angry.
- Feel afraid.
- Cry more often.
- Be grumpy.
- Worry a lot.

Behavior

- Act out.
- Hurt self or someone else.
- Have problems in school.
- Be clingy or have difficulty separating.

Physical

- Have stomachaches, headaches, or pain.
- Eat too much or too little.
- Have trouble sleeping.

Helping your child bounce back

- Show your child that you care about their feelings.
- Be patient.
- Listen.
- Get help if things get suddenly worse.
- Get help if your child has a difficult time during most of the day for 4 weeks.



Seek help immediately if your child is at risk for self-harm or harm to others.

Behavioral Health

For contacts and locations visit:

cookchildrens.org/services/behavioral-health/contact-us/



These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.