

Children's Psycho-Ed Cards for learning about Trauma, Reactions, and Recovery

How might kids' thoughts change after a scary event?



- Worries about safety
- Thoughts about what could have happened differently
- Thinking about what happened even when you don't want to
- Wondering if it's your fault
- Difficulty concentrating
- Wishing it never happened
- Having to re-figure out how to trust people
- Other?

Who gets involved in kids' lives when there is a trauma?



This varies. Any of these people might get involved:

- Police
- Social Workers & CPS
- Attorneys (lawyers)
- Counselors
- Family and Friends
- Religious Support
- Teachers
- Kids can talk to the important people in their life about who needs to know, what happened, and how they're doing.

What is a trauma?



- Anything that happens that is really scary, usually unexpected, and that leaves you worried afterwards
- Name some examples:

What happens in counseling anyway?



- Learn about common reactions to trauma
- Figure out your feelings
- Figure out your thoughts and worries
- Learn how to relax and calm down
- Learn how to talk about what happened so the memory is no longer scaring you
- Parents learn how to support kids in getting better
- Feel better!

Can kids get better after a trauma, and what helps?



- Yes, kids and families can get better
- Sometimes kids and families get better naturally
- Sometimes kids and families need to come to therapy to learn how to cope with the trauma thoughts and feelings in order to get better

How might kids react to something scary that happens to them or that they see happen to someone else?



- Keep thinking about it when they don't want to
- Have lots of feelings!!
- Really want to be safe all the time
- Never want to talk about it
- Always want to talk about it
- Feeling on edge, jumpy, nervous
- Other...

What is a trauma reminder?



- A "trauma reminder" is anything that brings up the memory of the scary thing that happened
- Sometimes it is something that by itself is not scary; but it brings up the scary and/or sad memory
- Examples:

What do kids want from their parents or caregivers after a scary thing happened?



- Hugs
- Personal Space - only hug when child wants
- Understanding, listening
- Treated as normal
- To be kept safe
- To answer the kids' questions about the event and about the future
- Other???

How might kids' sleep change after a scary event?



- Trouble going to sleep
- Trouble staying asleep
- Trouble with bad dreams
- Trouble with nightmares
- Trouble with reminders in the bedroom
- Other?
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What kind of feelings might kids have from something scary happening?



- Sad
- Scared
- Worried
- Angry
- Numb
- Other?
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