### 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? |
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| 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. |
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| What is a trauma? | • Anything that happens that is really scary, usually unexpected, and that leaves you worried afterwards  
• Name some examples: |
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| 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?  |
| What kind of feelings might kids have from something scary happening? | • Sad  
• Scared  
• Worried  
• Angry  
• Numb  
• Other?  |