

# Tips for Talking to Children in Trauma

## Interventions at Home for Preschoolers to Adolescents



Children are just as affected as adults are by a disaster or traumatic event. Some may be affected even more, but no one realizes it. Without intending to, we, as parents, may send our children a message that it is not all right to talk about the experience. This may cause confusion, self-doubt, and feelings of helplessness for a child. Children need to hear that it is normal to feel frightened during and after a disaster or traumatic event. When you acknowledge and normalize these feelings for your children, it will help them cope with their experience and move on.

Following exposure to a disaster or traumatic event, children are likely to show signs of stress. Signs include sadness and anxiety, outbursts and tantrums, aggressive behavior, a return to earlier behavior that was outgrown, stomachaches and headaches, and an ongoing desire to stay home from school or away from friends. These reactions are normal and usually do not last long. Whether your child is a preschooler, adolescent, or somewhere in between, you can help your child by following the suggestions below.

### Preschooler

- Stick to regular family routines.
- Make an extra effort to provide comfort and reassurance.
- Avoid unnecessary separations.
- Permit a child to sleep in the parents' room temporarily.
- Encourage expression of feelings and emotions through play, drawing, puppet shows, and storytelling.
- Limit media exposure.
- Develop a safety plan for future incidents.

### Elementary Age Children

- Provide extra attention and consideration.
- Set gentle but firm limits for acting out behavior.
- Listen to a child's repeated telling of his/her trauma experience.
- Encourage expression of thoughts and feelings through conversation and play.
- Provide home chores and rehabilitation activities that are structured, but not too demanding.
- Rehearse safety measures for future incidents.
- Point out kind deeds and the ways in which people helped each other during the disaster or traumatic event.

### Preadolescents and Adolescents

- Provide extra attention and consideration.
- Be there to listen to your children, but don't force them to talk about feelings and emotions.



## Additional Resources

### *American Academy of Child and Adolescent Psychiatry (AACAP)*

3615 Wisconsin Avenue, N.W.  
Washington, DC 20016-3007  
Local phone: 202-966-7300  
Toll-free: 800-333-7636  
Fax: 202-966-2891  
Web site: [www.aacap.org](http://www.aacap.org)

### *National Association of School Psychologists*

National Emergency Assistance Team  
4340 East West Highway, Suite 402  
Bethesda, MD 20814  
Phone: 301-657-0270  
Web site: [www.nasponline.org/NEAT](http://www.nasponline.org/NEAT)

### *National Center for Children Exposed to Violence*

Yale Child Study Center  
230 South Frontage Road, P.O. Box 207900  
New Haven, CT 06520-7900  
Local phone: 203-785-7047  
Toll-free: 877-49 NCCEV (496-2238)  
Fax: 203-785-4608  
Web site: [www.nccev.org/violence/children\\_terrorism.htm](http://www.nccev.org/violence/children_terrorism.htm)

### *National Mental Health Association*

2001 N. Beauregard Street, 12th Floor  
Alexandria, VA 22311  
Local phone: 703-684-7742  
Toll-free: 800-969-NMHA (6642)  
Fax: 703-684-5968  
Web site: [www.nmha.org/reassurance/anniversary/index.cfm](http://www.nmha.org/reassurance/anniversary/index.cfm)

### *Federal Emergency Management Agency (FEMA)*

(Information for Children & Adolescents)  
P.O. Box 2012  
Jessup, MD 20794-2012  
Toll-free: 800-480-2520  
Web site: [www.fema.gov/kids/](http://www.fema.gov/kids/)

### *National Institute of Mental Health*

Office of Communications  
6001 Executive Boulevard  
Room 8184, MSC 9663  
Bethesda, MD 20892-9663  
Local phone: 301-443-4513  
Toll-free: 866-615-NIMH (6464)  
TTY: 301-443-8431  
Fax: 301-443-4279  
Web site: [www.nimh.nih.gov](http://www.nimh.nih.gov)

- Encourage discussion of trauma experiences among peers.
- Promote involvement with community recovery work.
- Urge participation in physical activities.
- Encourage resumption of regular social and recreational activities.
- Rehearse family safety measures for future incidents.

It is important to remember that you do not have to “fix” how your child feels. Instead, focus on helping your child understand and deal with his or her experiences. Healing is an evolving state for most children, but some may need professional help.

If signs of stress do not subside after a few weeks, or if they get worse, consider consulting a mental health professional who has special training in working with children. In time, and with help, your children will a return to health.

Note: Inclusion of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.

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