

What you can do

You took the first step by reading this. You now know more about trauma. Here are next steps you can take:

- **Call** the Parent/Professional Advocacy League (PPAL) and ask for a family support specialist to find support and resources for you and your child.
- **Seek help** from professionals trained in trauma-informed treatment.
- **Learn more** about trauma.

Parents & Caregivers Need Support too!

Many parents and caregivers have also experienced trauma, which can increase stress and impact how they respond to their child. Practicing self-care and seeking and accepting help is important role modeling for your child. For self-care ideas, go to:

www.scanva.org/wp-content/uploads/2013/06/SelfCare2016_English.pdf

Did you know?

ACEs are stressful events known as **Adverse Childhood Experiences**, named in a study that shows the impact of childhood trauma on adult health. Experiencing multiple ACEs as children is linked to increased chronic health problems in adults. Positive experiences and relationships may protect children and prevent these outcomes. For more information about ACEs, go to:

www.cdc.gov/violenceprevention/childabuseandneglect/acestudy

Not sure what to do?

Call the Parent/Professional Advocacy League (PPAL)

Toll-Free: **1-866-815-8122**

Contact: **info@ppal.net**



Call **1-855-LINK KID** for a referral for evidence-based & trauma-informed treatment:



www.umassmed.edu/cttc

Learn more at the **National Child Traumatic Stress Network** website: www.nctsn.org

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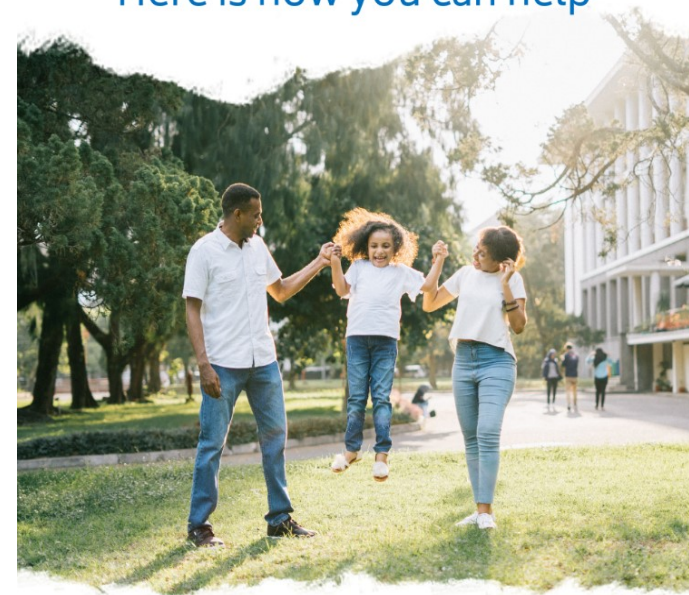


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Understanding Childhood Trauma and Your Family

Here is how you can help



Trauma-Informed
Resources for Parents and
Caregivers

What is trauma?

When a person feels unsafe, due to the stress or threat of intense, painful, or frightening events, we call this trauma. Even though trauma can have serious effects on a person's mental, physical, social, emotional, and spiritual well-being, people can heal and grow stronger with support.

A traumatic event can include:

- Physical, emotional, or sexual abuse
- Homelessness
- Earthquakes, hurricanes, fire, flooding
- Exposure to community or family violence, war, terrorism
- Parental/caregiver substance use, mental illness, incarceration, neglect
- Loss or separation from a parent or caregiver
- Accidents, injuries, serious illness
- Bullying

What if my child has experienced trauma?

We all want the best for our children. You are the most powerful influence on your child's health and well-being.

You are not alone.

Many people experience hardship and distress during their childhood. Remember that you are the most important factor in helping your child heal. Seeking professional help from a trauma-trained therapist and finding your own support as a parent/caregiver can start the healing process and strengthen your family for the future.

What you may see in children: These are common examples of behaviors after a traumatic event has happened. Not all children will react in these ways. *Signs will differ based upon a child's age, history and experience.*



- Being easily startled and constantly looking for danger



- Losing interest in friends and activities
- Acting younger than their age: bed-wetting, using baby talk, fearing separation



- Self-harm, risky behavior
- In teens, use of substances



- Physical symptoms: headaches, stomach-aches, aches and pains



- Problems with sleep and appetite
- Restlessness and agitation



- Change in school behavior
- Difficulty concentrating and learning
- Worry, panic, and fear for the safety of others



- Irritability, anger, and defiant behavior



- Avoiding people, places, or things
- Feeling guilt or shame
- Emotional numbness

Look for more support: Trauma-Informed Care

There are now many successful treatments to support children and parents/caregivers and minimize the harmful effects of trauma. Ask about these new, effective treatments, such as:

- ARC: Attachment, Self-regulation and Competence www.arcframework.org/what-is-arc
- CPP: Child-Parent Psychotherapy www.nctsn.org/interventions/child-parent-psychotherapy
- TF-CBT: Trauma focused Cognitive Behavioral Therapy www.tfcbt.org
- PCIT: Parent-Child Interaction Therapy www.pcit.org