



Children suffering from traumatic stress symptoms generally have difficulty controlling their behaviors and emotions.

It's important to learn the signs of trauma to help them cope and heal in a healthy way.

A growing body of research informs us that unresolved childhood trauma can result in lifelong physical, mental and emotional issues. The age of the child does not protect him or her from trauma. Even infants can be affected by traumatic events.

Children develop post-traumatic stress disorder in extreme cases.

Some symptoms appear, days, weeks or even years after an upsetting event.

## Do you know what to look for as a parent or caregiver?

*Signs of children exposed to trauma may include:*

- \* **Fears new situations or is clingy**
- \* **Frightens easily**
- \* **Wets the bed or self after being toilet trained**
- \* **Has sleep difficulties such as nightmares and insomnia**
- \* **Inability to make friends or trust others**
- \* **Acts out in social situations**
- \* **Demands attention**
- \* **Behaves aggressively**
- \* **Appears anxious, sad or irritable**

**Knowing the signs of trauma can help you and other caregivers provide support and identify when professional help is needed. Do what is necessary to help your child live a happy and healthy life.**