

Considerations for the parent/caregiver

Tips on how to help your for child after a Traumatic Event

If your child has a history of traumatic experiences, loss(es), or mental health issues (e.g., depression, post-traumatic stress disorder, anxiety, etc.), he or she may need further support from a mental health professional. Be aware of warning signs (e.g., substance abuse, dramatic sleeping or eating change, anger, overt and covert signs of a suicide attempt, etc.) and contact your school if you see any of these signs

What To Know

- Be open to talk about the incident (keeping in mind your child's developmental level)
- Children are not always able to verbally express their fears. If this occurs, you may need to be your child's "voice" (i.e., "You feel afraid that....")
- Keep a normal routine (e.g. school, activities, sleeptime)
- Spend quality time with your child by engaging in activities he/she enjoy
- Reassure your child that a grief reaction is normal and that they will eventually feel better
- Help your child identify his/her natural support system (e.g. family, friends, classmates, neighbors)
- Additional help may be needed if symptoms persist for more than 4 to 6 weeks

