

## Talking With Children After A Crisis

Many children and adolescents develop symptoms following a crisis or the death of someone close to them, especially if they have experienced traumatic events earlier or other difficult situations. The symptoms related to trauma may appear as difficult behaviors or emotions shown at home or school. It is important for parents to know that children's behaviors and emotions can become a reason for concern, such as demonstrating more aggressive or withdrawn behaviors like sadness or anger, and even appearing to show very little emotion as a way of coping with trauma.

Caregivers need to be able to recognize concerning behaviors (e.g. reverting to earlier childhood habits like thumb sucking, non-illness related stomach aches, temper tantrums, truancy) and to identify when their child may be experiencing so much distress that he needs help. Caregivers may also need help in providing support to their child after traumatic events that may also traumatize the caregiver. Brief support and being able to talk to someone who can be more objective can be helpful for both the adult and the child after a traumatic event occurs.

Here are links to both local and national websites with resources to assist caregivers in providing support to children following traumatic events. Additionally, we have provided some basic informational pages here. Please contact your school counselor for further information or assistance.

[Pathways Center for Grief & Loss](#)

[SAMHSA](#) – Multiple Languages Available

[The National Child Traumatic Stress Network](#)