



TRAUMA REACTIONS

CHILDREN AGED 6- 11 YEARS

Children in this age group are likely to have a more detailed, long term memory of traumatic event

WHAT CAN PARENTS DO

Listen to children's retelling of events

Respect child's fears

Permit child to try new ideas to cope with fearfulness at bedtime; e.g. sleeping with a light on

Maintain communication with child's school to monitor child

Maintain household rules and routine

Provide opportunities for child to experience control e.g. choosing what to wear

Be mindful of triggers

GENERAL TRAUMA REACTIONS

Repeated retelling of event or re-enactments that may involve siblings or playmates
Fear of trauma recurring
Struggle to concentrate at school

Behaviour, mood or personality changes
Sleep disturbances

SEXUAL ABUSE SPECIFIC

Engages in explicit sexual behaviours with self or others
Verbally describes experiences of sexual abuse

Excessive preoccupation with private parts and adult sexual behaviour which may include watching pornography
Age inappropriate knowledge of sexual acts