



TRAUMA REACTIONS

CHILDREN AGED 2.5-6 YEARS OLD

Young children experience the trauma on a sensory or bodily level. So they may be able to tell some parts of the trauma but some of it is felt in their body and they struggle to put it into words.

GENERAL TRAUMA REACTIONS

Repeated retelling of the traumatic event.

Behavioural, mood and personalisty changes.

Withdrawal

Displays behaviour of a younger child (loss of skills).

Complaints about bodily aches with no medical explanation.

Loss of enery at school

Increased need for control or for their caregiver.

Sleep disturbances such as nightmares

WHAT CAN PARENTS DO

Listen to the retelling of the event or playing it out.

Respect and help the child with their fears.

Understand and expect the child to lose some of their previous abilities e.g. they were potty trained and now they need nappies.

Continue with rules of discipline as before.

Maintain a routine and monitor coping in school/day-care.

Provide appropriate opportunities for child to experience control

SEXUAL ABUSE SPECIFIC

Unusual concern or attention to their private parts.

Adult sexual behavior or knowledge.
Intense masturbation.

Genital pain, discharge bleeding or a sexually transmitted infection.

Sexual play with other children may occur