

When trauma happens, remember to:

- Make sure your child knows that they are safe. For example, be physically there for them and stay connected.
- Help your child make sense of confusing or overwhelming emotions. Let them know you are there for them, even if you don't know what to say.
- Encourage positive communication and make time for healthy relationships.
- Explain to your child that they are not responsible for the scary thing that happened. Children often blame themselves for things they don't have control over.
- Be patient. Some children will recover quickly while others recover more slowly.
- Be aware that children may 're-live' the scary thing.
- Seek help from someone you trust.
- Be kind to yourself. Often, trauma affects other members of the family too.

PFS CARE

Positive Family Support: Communities and Resilience in Education (PFS-CARE) is a trauma-informed comprehensive model of family engagement in school. The purpose of PFS-CARE is to enhance the capacity of schools to engage meaningfully with all families and foster family empowerment. This is done by adopting practices within the school that support collaboration in creating optimal school and home environments for learning.



WHAT IS TRAUMA?

TRAUMA IS ONE OF THE RESPONSES WE MIGHT HAVE WHEN A VERY SCARY THING HAPPENS TO US.

Trauma happens when we don't feel safe, and the scary thing makes it hard for us to cope or be okay. Things that can cause trauma are different for everyone. Some common examples are:

- ▶ Natural disasters (like a tornado or wild fire)
- ▶ Violence at home
- ▶ When someone we love dies suddenly
- ▶ Shootings or robberies

Bullying or discrimination and family difficulties, such as a family members illness or not having enough money to meet family needs, can also make trauma happen.



What does trauma look like in children?

- ▶ Difficulty falling/staying asleep or sleeping more than usual
- ▶ Feeling nervous, jumpy or anxious
- ▶ Head or tummy aches
- ▶ Changes in appetite (more or less hunger)
- ▶ Easily startled or upset by loud sounds (for example thunder, sirens or backfires)
- ▶ Difficulty connecting to others and making healthy friendships

How does trauma affect emotions and behaviors in children?

- ▶ Less attention and hard time focusing
- ▶ Less interest and a harder time focusing in activities child used to enjoy
- ▶ Wanting to be alone or away from family and friends
- ▶ Avoiding people, places or things that may remind them of the scary thing
- ▶ Nightmares
- ▶ Angry tantrums
- ▶ Aggressive or defiant behaviors
- ▶ Increased sadness and cries easily
- ▶ Changes in school performance (bad grades, lack of focus, day dreaming or acting out)

