



Children and Trauma

JULY 9, 2019

Can we keep our kids safe?

How can we talk about something that we are unsure of ourselves??

How does gun violence differ from other traumatic life events?

What can our response be?

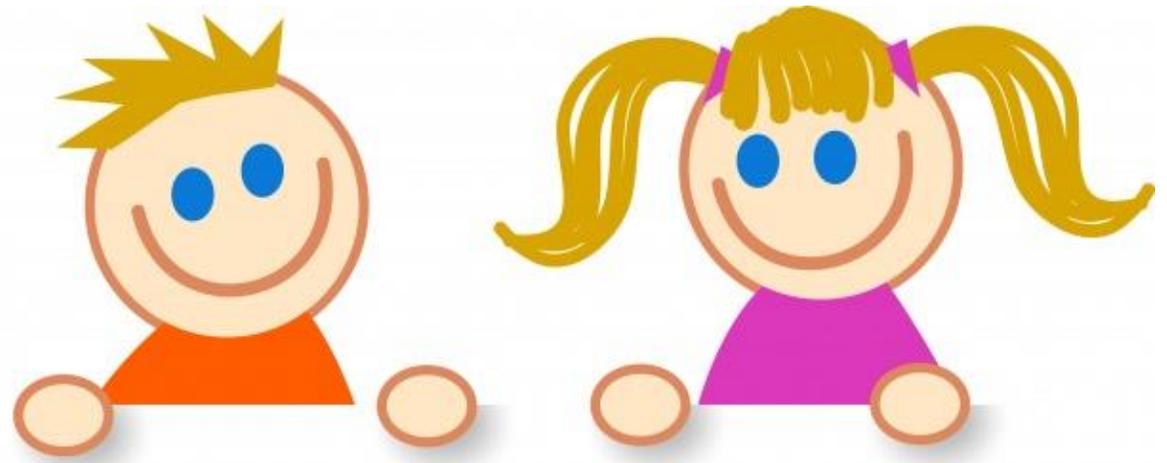
Kids and Trauma

Acute stress vs PTSD

Prevalence and exposure rates

Complex and consistent traumas

Developmental issues



Other factors to consider



Survivor guilt

Secondary trauma

Compassion fatigue

Symptoms and when to worry

Sleep problems and nightmares

Constant, unrelenting worry

Hypervigilance

Changes in behavior or personality



What can be done?

WHAT PARENTS CAN DO

Grounding activities and living in the present

- Stop talking about it and do something else

Talking about it

- What did you see, hear, think, feel?

Reassurance and safety planning

Do Something

- Attend rallies, donate money, volunteer

WHERE TO SEEK HELP

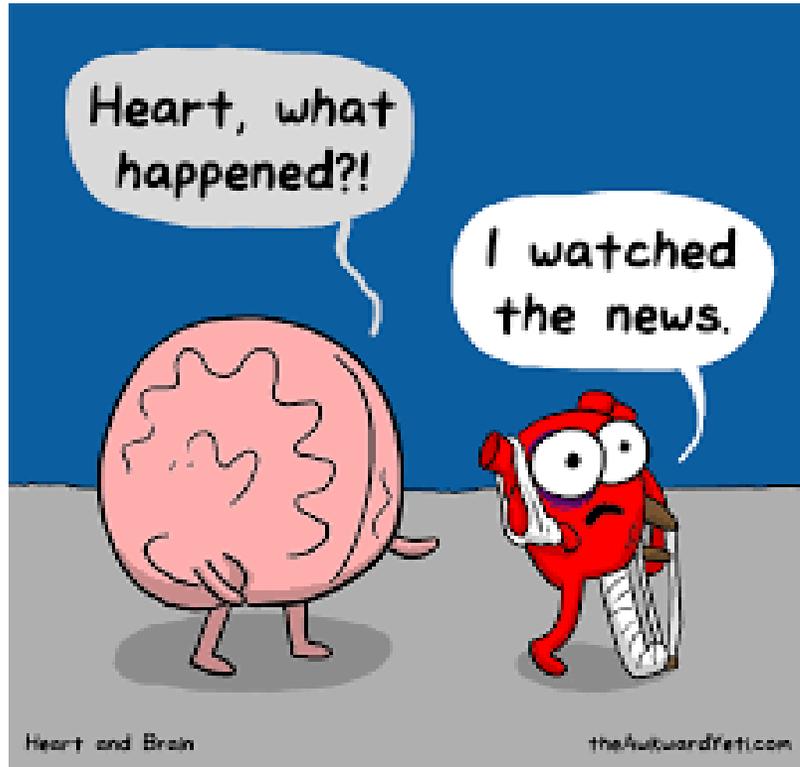
School

Doctor's office and insurance companies

Mental health agencies

Colorado Crisis Services

Media Saturation



Talking about what is seen on tv

Limiting media exposure

Awareness of your own media viewing habits

Turning off the news

Talking with kids day to day

What was the best part of your day? What was the hardest part of your day?

Did anything unusual or interesting happen at your school today?

- What would your plan be if something unusual did happen?

Overarching safety plans

- Who are the people in your life who can help you with ANY problem?

Gratitude check in – What are the things that you are glad you have in your life?

Talking about guns

How do you feel about guns personally?

What are rules about gun use in your house and for your family?

- Gun play and toys
- Video games?

What should they do if they encounter a gun?

How can you keep an open conversation, even with possible differing beliefs?