

## ***Helping Children Through Traumatic Events***

- Communicate your love, concern, and protection.
- Be available to listen.
- Try not to judge or blame. Praise your child for talking about the incident and emphasize that it is not his or her fault and are not in trouble.
- Maintain a stable, predictable and routine environment for your family and child.
- Spend extra time with your child in a way he or she feels supported.
- Continue household routine and established rules and consequences.
- Create an atmosphere of tolerance, support, and communication. When children are ready to talk, be ready to *listen*.
- Parents may *invite*, not force, opportunities to talk.
- Help your child to identify, label and express feelings. Reassure your child that his or her feelings are a normal part of responding to the stressor.
- It is important for children to be able to talk about their experiences and feelings with trusted adults.
- Ask your child if he or she wants a counselor to cope with his or her feelings.
- Take care of yourself; allow opportunities to relax, exercise, sleep and eat well.
- Seek support of your trusted friends, family, or a professional.

Family Service Agency of Marin has programs that offer a range of treatment services or children and their families. If you have any questions or concerns feel free to call the Childhood Trauma Program at Family Service Agency of Marin (415) 491-5700.