



After the Trauma: Helping Children Cope

<p>Preschool Age Ages 1 - 5</p>	<p>Stick to regular family routines. Make an extra effort to provide comfort and reassurance. Avoid unnecessary separations. Permit a child to sleep in the parents' room temporarily. Encourage expression of feelings and emotions through play, drawing, puppet shows, and storytelling. Limit media exposure. Develop a safety plan for future incidents.</p>
<p>School Aged Children Ages 5 - 11</p>	<p>Provide extra attention and consideration. Set gentle but firm limits for acting out behavior. Listen to a child's repeated telling of his/her trauma experience. Encourage expression of thoughts and feelings through conversation and play. Provide home chores and rehabilitation activities that are structured but not too demanding. Plan for safety for the future.</p>
<p>Adolescence Ages 12 - 14</p>	<p>Provide extra attention and consideration. Be there to listen to your children, but don't force them to talk about feelings and emotions. Encourage discussion of trauma experiences among peers. Urge participation in physical activities. Encourage resumption of regular social and recreational activities.</p>