



## Children and Trauma: What to Expect

<p>Preschool Age Ages 1 - 5</p>	<p>Have not yet developed their own coping skills; depend on parents and family members to help them.</p> <p>May regress to an earlier behavioral stage – may resume thumbsucking or bedwetting or become afraid of strangers, animals, darkness or monsters. They may cling to a parent or teacher or become very attached to a place where they feel safe.</p> <p>Changing in eating and sleeping habits are common as are unexplainable aches and pains. Other symptoms to watch for: disobedience, hyperactivity, speech difficulties, aggressive or withdrawn behavior.</p> <p>May tell exaggerated stories around the traumatic event.</p> <p>Have a difficult time understand that death is not temporary.</p>
<p>School Aged Children Ages 5 - 11</p>	<p>May have same reactions of those in preschool age.</p> <p>May regress to asking to be fed or dressed.</p> <p>May withdraw from friends and playgroups.</p> <p>May compete more for the attention of parents.</p> <p>Fears of going to school may develop.</p> <p>School performance may drop, become aggressive or find it hard to concentrate.</p>
<p>Adolescence Ages 12 - 14</p>	<p>Likely to have vague physical complaints.</p> <p>May abandon chores, school work or other responsibilities.</p> <p>May compete for attention by parents and teachers.</p> <p>May withdraw, resist authority or become disruptive at home or in the classroom.</p> <p>May begin to experiment with high-risk behaviors such as alcohol or drug use.</p>

