

HELPING YOUR CHILD MANAGE TRAUMATIC EVENTS

Traumatic events can be many things, such as hurricanes, house fires, car accidents, child abuse, or forest fires. Children also hear of dramatic events on the news - shootings, air plane accidents, and wars. Each child reacts differently due to age, personality, and culture. These tips can help your child as they deal with any trauma.

- ✦ Help your child feel safe; try to remain calm and keep routines, when possible.
- ✦ Prepare your child in advance, when possible.
 - "There's a storm coming, so we are packing things to be ready."
 - "You may hear some stories about some people who were hurt. Let's talk about that together."
- ✦ Let them talk about how they feel.
- ✦ Reassure them it's not their fault.
- ✦ Help them relax:
 - "Let's close our eyes and take some deep breaths."
 - "Let's watch a funny movie or play a game together."
- ✦ Be aware of your own stress level, your child will notice. It's okay tell them that it's difficult for you, too.
- ✦ It is okay to ask for help; talk to a trusted advisor or counselor.

THESE TIPS ARE
BROUGHT TO YOU BY:



EXCHANGE

THE NATIONAL EXCHANGE CLUB

**EXCHANGE, INSPIRING
COMMUNITIES TO BECOME BETTER
PLACES TO LIVE.**

The Blue Ribbon Campaign originated in 1989 as a grandmother's tribute to her grandson, who died as a result of abuse. She wrapped a blue ribbon around her car antenna as a way to remember him and to alert her community to the dangers of child abuse. The campaign has spread across the nation and, each year The National Exchange Club observes National Child Abuse Prevention Month in April with its Believe in the Blue campaign.

Helping create strong, healthy families plays an important role in the prevention of child abuse.

For additional information, please contact

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