

FROM A CHILD'S PERSPECTIVE

Children communicate their feelings in different ways. It is more difficult for children to forget a traumatic event or events, so they display this through negative behaviors. Following a traumatic event, children may exhibit the following common reactions:

- Frequent nightmares or awakening during the night
- Wanting to stay close to the parent/ caregiver
- Irritability, fussiness and difficult to soothe
- Bedwetting/ problems with toileting
- Easily startled
- Acting out violent events during play and repeating these events over and over
- Appearing withdrawn, upset, or more quiet than usual
- Talking about scared feelings or scary ideas
- Behavior problems at home or school
- Problems with paying attention, daydreaming, or easily distracted
- Might show no feelings at all—flat affect
- Physical symptoms such as aches or other pains with no clear medical cause

How can you help/ how can we help?

How can YOU help?

- Recognizing a child's different reactions to trauma is the most important beginning step when helping a child recover.
- For some children, going over the events with adults they trust can help them feel less isolated.
- Allowing time for them to talk about their questions and concerns is extremely important.
- If you think a child you know is having difficulties, or you have questions, there is a place to turn for help.

How can WE help?

- We can help you think about how a child is coping and how to go about assisting them.
- Offer referral services.
- Respond to emergencies 24 hours a day.
- Guilford police officers collaborate with Guilford Youth & Family Services' clinicians to ensure that the victim's sense of well-being and safety are promptly addressed.
- The officer-clinician team coordinates services for the family on a case-by-case basis.

For more information about the CD-CP Program or to speak with a clinician please contact the Guilford Police Department (203-453-8061) or Guilford Youth & Family Services (203-453-8047).