



Finding the Silver Lining



Families and Trauma

Traumatic events for children and teens can lead to stress and challenges. Traumatic experience may include events like loss of someone close, chronic abuse or neglect, exposure to violence or poverty, natural disasters, or even a parent living with a physical or behavioral health condition. The way that trauma is adapted to differs for each child. Some children and teens are more resilient because of protective factors, like having a supportive extended family. Some children or teens have a larger challenge overcoming trauma.

Trauma reactions can include:

- * Regressive behavior
- * Fear of darkness
- * Changes in eating or indigestion
- * Complaints of unexplainable pains
- * Fear of separation
- * Sleep disturbances
- * Excessive clinginess
- * Excessive crying
- * Irritability
- * Headaches or nausea
- * Aggressive behavior
- * Hyperactivity or Inattention
- * Fear of noises
- * Talking about the experience constantly

(SAMHSA, 2011)

"I was so focused on my own worries, that I almost didn't notice how upset my son was. But once I did, finding activities to help calm him ended up calming me as well."

-A Single Mother

Encouraging Adaptation to Traumatic Experience:

- * Teach friendship building skills
- * Teach age appropriate volunteering
- * Maintain a healthy routine
- * Teach distraction skills
- * Teach self-care by example
- * Teach your child goal setting
- * Nurture a positive outlook
- * Maintain a hopeful outlook
- * Accept change as part of living

(APA, 2011)



Building Resiliency in Children and Teens

We invite you to watch this webinar on Building Resiliency in Children and Teens:

<http://tinyurl.com/pcnj75y>

Nebraska's Network of Care: www.dhhs.ne.gov/networkofcare

Nebraska Family Helpline: 888-866-8660

Suicide Prevention Lifeline: 800-273-TALK