

UNDERSTANDING TRAUMA



5 Ways to Support Your Child

Regular routines: eat and put your child to sleep at the same time everyday.

Emotion regulation: use calming techniques to help your child manage their emotions.

Limit exposure: put parental controls on your child's phone so they can't access traumatic content and limit screen-time.

Encourage creativity; let your child draw, journal and talk to you about how they are feeling and take time to listen calmly.

Contact your doctor to see what support is available through the NHS if needed.

