

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.

