

UNDERSTANDING TRAUMA

What is trauma and what impacts can it have on us and our children?

Trauma is when we experience very scary or distressing events that are difficult to cope with. These events can make our brains and bodies feel unsafe for a long time, even after we are physically safe.

This can change how we sleep, how we feel, how we act, and how we learn.

When we experience trauma, parts of our brain shut down to make sure all of the brain's energy is being used to help keep us safe.

This can lead to some of these common impacts:

difficulty concentrating	sleeping too much or too little	being angry, upset or frustrated
headaches, stomach aches and pains in the body	risky behaviour	avoiding speaking to other people
low mood, not enjoying things like before	memory issues	difficulty learning
thinking about the scary event repeatedly	becoming withdrawn	trouble controlling emotions and behaviour

These impacts usually go away as you/your child begin to resettle, feel safe and heal from the trauma. Ensure you are looking after yourself while supporting your child; eating, resting and seeking support for yourself.

