

Further Resources

For More Information:

<https://childbuilders.org/healthyminds>



Stream Our Podcast:

<https://childbuilders.org/podcast>



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Healing begins with safety, grows with love, and blossoms when a child feels supported.



Raising Resilience: Parenting Through Trauma

Understanding trauma, supporting healing, and learning tools that help your child thrive.

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Understanding Trauma

What Is Trauma?

Trauma refers to extreme or chronic stress that overwhelms a person's ability to cope and results in feeling vulnerable, helpless, and afraid.

Trauma is not just what happened, but how the experience affects a person. The same event can impact people in different ways.

Examples of experiences that can cause trauma include:

- ★ Being in a serious accident.
- ★ Experiencing a natural disaster like a hurricane.
- ★ Seeing violence at home.
- ★ Being harmed by abuse.
- ★ Growing up without a stable place to live or enough food.
- ★ Living with a person with untreated mental illness or addiction.

You Make A Difference

Childhood trauma is more common than we think. Some traumatic events, such as natural disasters or the death of a loved one, are beyond our control. However, **you have the power** to support your child in many ways as they heal.



7 Ways to Help Your Child

1. Build a sense of safety.

Children feel safer when they know what to expect. A regular routine can help them feel more secure. For example:

- ★ Dress and brush teeth every morning
- ★ Have a regular bedtime and rituals, like reading stories before bed.



2. Create opportunities for competence.

During these times, children may feel helpless. Teaching age-appropriate skills, like tying shoes or doing laundry, can help build their confidence.

3. Listen.

Simply listening to children can help them feel safe and supported. Invite your child to share how they feel and give them your full attention. Listen without judging and thank them for confiding in you.

4. Offer different ways to express feelings.

Sometimes it is hard for children to talk about their feelings. Help them share what's in their heart and mind through activities like drawing, playing with Play-Doh, listening to music, or dancing.

5. Be there.

Work hard to be a steady, loving presence in your child's life. Only make promises you can keep. Use kind words and actions, like hugs and smiles, to show your love often.

6. Take care of yourself.

Loving a child that has experienced trauma can be challenging. Taking care of yourself makes it easier to care for others. Simple things like taking a walk, drinking water, or calling a friend can help you refuel.

7. Know when to get help.

If your child's behavior changes dramatically or causes big problems at home, reach out for help. Talk to your doctor, scan this QR code, or visit childbuilders.org/trauma-resources.

