

When Life Gets Hard: Coping with Adverse Childhood Experiences and Trauma Resources

Compiled by Janet Pozmantier

Normal Behaviors After a Trauma

- *asking many questions about the event*
- *avoiding things that remind them of the event*
- *bed-wetting*
- *clinging behavior*
- *desire to talk about event*
- *crying*
- *daydreaming*
- *demanding behavior*
- *disobedience*
- *distractibility or hyperactivity*
- *distrust of adults' ability to protect them*
- *extreme attachment to a place where they feel safe*
- *fear of changes in weather (if weather-related trauma)*

When to Seek Help for a Child?

- *excessive aggression, fighting*
- *anti-social behavior (e.g., harming animals)*
- *preoccupation with concern for safety of loved ones; excessive clinginess*
- *increased generalized fears that affect functioning (e.g., fear of animals, monsters, darkness)*
- *not interested/not participating in play*
- *not showing emotion*
- *behavioral regressions lasting more than a couple of months (e.g., bedwetting, changes in eating, sleeping)*
- *startling easily*
- *tantrums*
- *unexplained aches and pains, upset stomach*
- *withdrawal from others*

Source: Helping Children Rebound: Strategies for Preschool Teachers. Heroman, C. & Bilmes, J.; Teaching Strategies LLC, 2005

Where to Get Help

- Pediatrician
- Child psychiatrist
- Child psychologist
- Master's level clinician – play therapy specialization preferred
- <https://www.psychologytoday.com/us/therapists/child-or-adolescent/tx/houston> (other private practitioners)
- <https://www.familyhouston.org/counseling4kids/>
- <https://www.depelchin.org/counseling/>
- <https://www.ifshouston.org/services/bmhs/counseling/children-teens>