

What parents or caregivers should know about youth who experience trauma

- *Trauma can significantly change the way a child views themselves, other people, and the world.*
- *Trauma, especially early childhood trauma, can impact healthy physical and emotional development.*
- *Children may not have memories of the trauma they experienced, though they may have trauma symptoms.*
- *Trauma symptoms are not a choice, they are a natural manifestation of the impact of trauma. Just like when you have a sinus infection, you do not choose to have a runny nose, children do not choose to experience their trauma symptoms.*
- *Children and adults who have experienced trauma may be impacted in multiple domains, which may include physical, cognitive, behavioral, and emotional changes.*
- *There is great hope for trauma recovery! Children and adults can heal and recover after a traumatic event or events.*

