

## What parents or caregivers can do to help youth who experience trauma

According to the National Child Traumatic Stress Network (NCTSN), there are many ways parents or caregivers can support youth who have experienced trauma\*.

These include, but are not limited to:

- *Helping children expand their “feelings” vocabulary.*
- *Setting and adhering to routines and schedules.*
- *Showing love and affection.*
- *Developing family safety plans.*
- *Answering children’s questions in language they can understand, so that they can develop an understanding of the events and changes in their life.*
- *Finding ways to have fun and relax together.*
- *Looking for changes in behavior.*
- *Engaging in age-appropriate activities that stimulate the mind and body.*

*\*Zero to Six Collaborative Group, National Child Traumatic Stress Network. (2010). Early childhood trauma. Los Angeles, CA & Durham, NC: National Center for Child Traumatic Stress.*

