

Helping Children Cope After a Traumatic Event

A collection of Nemours Children's Health resources to help parents, teachers, kids and community leaders

When communities experience episodes of violence or face natural disasters, these events are hard even for adults to comprehend. We can't shield our children from pain and fear when they're exposed to such tragedy. But we can help them process what they're experiencing in the healthiest way possible.

Nemours Children's Health has prepared free trauma resources to aid parents, educators, and other adults in talking to children and adolescents about potentially traumatic events and identifying those who might benefit from more focused professional attention. Our children can be more sensitive to challenges around them because of their life experience and they need our support.

We hope these resources will be of assistance in a trying time, and that you will share them with anyone you think might benefit. And remember to take care of yourself; your children depend on you most of all.

Helpful Tips for Children of Any Age

- Make your child feel safe.
- Act calm. Listen Well.
- Share information about what happened.
- Limit exposure to news coverage.
- Understand children cope in different ways.
- Acknowledge what your child is feeling.

Parent Resources

- [Positive Conversations about Violence in the News](#)
- [Helping Your Child Heal After Trauma](#)
- [Posttraumatic Stress Disorder \(PTSD\)](#)
- [How to Talk to Your Child About the News](#)

Video Resources

- [Helping Your Child Heal from Emotional Trauma](#)

Teen Resources

- [School Violence: What Students Can Do](#)
- [Someone at School Has a Weapon. What Should I Do?](#)

School Resources

- [Posttraumatic Stress Disorder Factsheet](#)

