

CHILDREN'S RESPONSES TO TRAUMA

Children's responses to trauma and disaster vary with the age of the child. These responses are considered normal if experienced for less than one month. After one month, they may be developing Post-Traumatic Stress Disorder (PTSD).

<u>Ages 1-6</u>	<u>Ages 6-11</u>	<u>Ages 10-12 Girls</u> <u>12-14 Boys</u>	<u>Ages 12/14-18</u>
Bedwetting	Bedwetting	Become more childlike	Resembles adult Response
Crying	Night terrors	Symbolic meaning to pre-trauma events	Feelings of shame & betrayal
Immobility	Nightmares	Symbolic meaning to post-trauma survival	Rebellious acts
Running	Sleep problems -unwilling to fall asleep -interrupted sleep	Self-judgmental	Move into adult world
Excessive clinging	-need for nightlight -fear of sleeping alone -fear of darkness	Night terrors	Judgmental of self & others' behavior
Thumbsucking	Irrational fears	Sleeplessness	Eating & sleeping disorders
Fear of darkness	Irritability	Withdrawal & isolation	Depression
Fear of animals	Disobedience	Headaches	Suicidal ideation
Fear of being alone	Excessive clinging	Stomach pain	Night terrors
Night terrors	Headaches	Aggressiveness	Alcohol & drug abuse
Sensitivity to noises	Nausea	Increased sleep	
Irritability	Visual or hearing problems	Confusion	
Confusion	Withdrawal		
Speech difficulties	Loss of concentration		
Eating problems	Easily distracted		