

5 Steps to Help a Child Heal from Trauma

Maybe you've seen sudden changes in behavior or slipping grades, and are carrying the weight of their pain. If this sounds familiar, consider these 5 steps.

Step #1 – Look Beneath the behavior

Children may slam doors or refuse to obey. These moments often hide root causes like fear.

Am I focusing on the behavior instead of the root cause? How can I validate feelings before offering solutions? What small ways can I show patience today?

Step #2 – Take Pressure Off of Learning

Schoolwork often triggers frustration. Trauma convinces kids they're not "good enough."

Do I notice negative self-talk when work is hard? How can I remind them that failure does not define them? Have I reached out to teachers with helpful insights about my child?

Step #3- Build Empathy in Relationships

Comparison often spills into relationships. Kids may push others away or direct anger towards those closest to them.

Have I seen shifts in their friendships? How can I reassure them that conflict doesn't mean chaos?

Step #4 – Know When to Seek Help

Unresolved trauma can surface anxiety, depression, or unhealthy coping mechanisms.

Are there signs of withdrawal or extreme anger? What resources can I find today before a crisis arises?

Step 5 – Care for Yourself, Too

Supporting a hurting child can drain your energy. Their pain can become too heavy to carry alone.

Am I struggling to separate their trauma from my well-being? Do I have a trusted friend or counselor to lean on? What's one way I can replenish my own strength this week?

