

CHILDHOOD TRAUMA

COMMON SIGNS AND SYMPTOMS

Trauma in children can result from distressing events that overwhelm their ability to cope. Symptoms may manifest emotionally, behaviorally, or physically, affecting relationships, school performance, and daily life. Early support and intervention can help children process and heal from traumatic experiences.

Trouble sleeping, including nightmares or night terrors

Regression to earlier behaviors (thumb-sucking, bedwetting)

Anger, irritability, or frequent emotional outbursts

Unwanted intrusive memories or flashbacks

Mood swings, sadness, or excessive worry

Avoidance of triggering people, places, or activities