Child Trauma and Caregiving

Below are common experiences of caregivers of children who have gone through traumatic experiences. Which of the experiences below currently fit you?
Use the blank spaces to write in any experiences you're having that aren't listed.

Common Feelings			
	Upset about it happening to your child		Embarrassed that it happened
	Sadness		Shame about it happening
	Fear for your child		Insecurity since it happened
	Anger that it happened		Guilt about not knowing sooner.
Common Thoughts			
	Think about what happened while working or at other challenging times		Concern that your child will never be the same
	Concerned about what others will think		Wonder if you're doing enough to help your child
	Think you are responsible for your child experiencing the trauma		Think your child's future is less hopeful now
Common Reactions			
	Trouble sleeping		More rules and restrictions for your child
	Physical symptoms – headaches, stomach aches, etc.		Fewer rules and less structure and consistency with your child
	More frequent reactions like crying, moodiness, angry outbursts		Increased conflict with your partner or other significant adult relationships

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Child Trauma Services