

# 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
	Numb	
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
	Not talking about what has happened	Shutting off from others