

## **Common Signs that a Child Has Experienced Trauma:**

- Recurrent controlling behaviors.
- Emotional dysregulation, tantrums, uncontrolled anger and rage.
- Regression to earlier developmental behaviors, such as thumb sucking.
- Hyperactivity.
- Difficulties concentrating.
- A tendency to startle easily and/or have an exaggerated startle response.
- Recurrent nightmares and/or thrashing while asleep.
- Bed-wetting.
- Increased irritability and moodiness.
- Increased oppositional and belligerent behaviors.
- Withdrawal, decreased interest in activities.
- Excessive worrying and increased fearfulness.
- Heightened need to cling to parent.
- Recurrent stomachaches, headaches, or other physical complaints that do not have a known origin.

## **Common Causes of Childhood Trauma:**

- Experiencing sexual abuse (by adults or peers) or being exposed to adult materials.
- Being in a serious accident (e.g. car accident or having a serious sports injury), being hospitalized, having a serious illness, or having surgery.
- Experiencing persistent bullying.
- Experiencing physical abuse, emotional abuse, and/or neglect.
- Losing a loved one to death, abandonment, divorce, etc.
- Being separated from a loved one, due to parental separation, divorce, military deployment, etc.
- Witnessing domestic violence and/or community violence.
- Experiencing significant mental health issues and/or chemical abuse within the family.
- Being exposed to a natural disaster.
- Any experience that leads to the child feeling, even momentarily, helpless and hopeless.