



As an adult,  
what can I do  
to make things  
easier for  
a child?

Based on material from  
The Icelandic Red Cross' trauma team  
for children and teenagers.

Learn about  
common responses  
to trauma in children.

Read about normal reactions

Your role as an adult around children is to look out for and protect them, but also to be a good role model.

Your behavior sets  
the tone for the  
behavior of the  
young people.

When children and  
young people are  
around, it is important  
for you to...

## Respond to events calmly.

Try your best to stay calm, even though your feelings are as normal as theirs.

Strong reactions can cause insecurity, fear, and powerlessness in children.

Think of who's  
listening.

Conversations between  
adults about news and  
events often quickly  
become exaggerated  
and negative.

Children don't gain  
anything by hearing that  
kind of talk.

**Stop discussions  
that breed fear and  
prejudice.**

If adults speak of a  
group as dangerous,  
then it is likely that the  
young people who hear  
it will fear the group.

Children may be aware  
of dangers, but they  
need to be based on  
reality, not prejudice.



Children can be informed about the world. But, they do not need to hear endless talk about difficult issues.

Talking about war abroad is normal, but young people do not need to hear talk about it over and over.

If a child wants to talk  
to you about  
something that is  
bothering them.

**Be understanding of  
the child's feelings.**

Be honest.

Let them lead the  
conversation.

Show affection and  
be present.

Have a routine and consistency so the child feels safe.

# How can adults help children after trauma?

Click to read more  
on ways and resources



**LÖGREGLAN**



**Rauði krossinn**

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