



What can I do if
a child feels
unwell after an
incident (like
violence)?

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

The best thing you can do is have an honest and open discussion with the child.

Ask the child what they know about the event and if they have any specific questions.

Link words to the
child's feelings: anxiety,
fear, worry,
restlessness, sadness,
and powerlessness.

Be an active listener.

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listener.**

Let their questions guide
the conversation.

Don't give speeches or
pretend to know
everything.

No one has answers to
everything.

**Use simple words
that don't have
many meanings.**

For example, don't say
"fall asleep" to describe
death. It can cause the
child to fear falling
asleep or others falling
asleep.

Build the child's sense
of security.

Maintain a daily routine.

Show them love
and care.

Let the child express
their feelings through
games or art.

Try to protect the child from excess news media or adult conversations on difficult topics.

Especially discussions that are negative and exaggerated.

Remember that for you to be there for others, you first need to be there for yourself.

Nurture yourself and allow yourself to experience the feelings you have.

How can adults help children after trauma?

Click to read more
on ways and resources



LÖGREGLAN



Rauði krossinn

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