



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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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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