



What can I do
when a child
feels insecure
after an event
they weren't a
part of?

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](#)

An individual can feel trauma after an event even though they were not a part of the event.

Just realizing that
something can happen
can be traumatic for a
child.

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

Ask the child what they fear might happen and if they have any specific questions.

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

Confirm that their emotions are normal.

Be an active listener.

Let their questions guide the conversation.

Don't give speeches or pretend to know everything.

No one has answers to everything.

Confirm that the emotions the child feels are normal.

Make sure the child understands the things you said.

Build the child's sense
of security.

Maintain a daily routine.

Show them love and care.

Let the child express their feelings in different ways, like through games or art.

Try to shield the child from intense news or adult talks on tough 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



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Rauði krossinn

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