



SUPPORTING CHILDREN AND ADOLESCENTS

Instructions and Memory Aid: Take these "CHILD" actions (acronym for the steps below) to provide effective help to children and adolescents impacted by trauma.

Calmly provide support, give factual information, and ensure their safety.

Help children and adolescents identify appropriate coping strategies.

Intentionally spend extra time with children and adolescents.

Listen without being pushy and encourage them to share their emotions when they feel ready.

Daily routine for school, play, meals, rest, and chores should be re-established as soon as possible (consistency is an important source of security for children).

NOTE: Contact Child and Protective Services without delay if you suspect child abuse or neglect. In the event of an immediate danger to self or others, contact 911 or 988 right away.