

When a child needs support

Traumatic events may cause similar feelings in children as in adults, but children react differently than adults. Children also react in different ways and some more strongly than others.

When something traumatic has happened, the child's own parents or other close adults are the best providers of support and safety. Be attentive and available as a parent/adult.

- Take the time to discuss the situation with the child. Answer questions in a concrete and age-appropriate manner.
- Give the child time to understand, and correct any misunderstandings.
- Maintain routines. For the child, routines mean that things are predictable and normal.
- Do not cover up your own feelings excessively.

Help, guidance and advice are available from the Espoo Social and Crisis Emergency Services around the clock.

Espoo Social and Crises Emergency Services
tel. 09 816 42439 (+358 9 816 42439) around the clock

