

Accidents and Trauma



**Easy
Read**



MindEd

e-learning to support young healthy minds

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Accident and Trauma



Children can react in different ways to accidents or things that are very shocking or scary:-



▶ They may become very upset.



▶ They may try to act out or draw the shocking event.



▶ They may have difficulty concentrating.



▶ They sometimes get headaches or tummy aches.

What can I do?



You can:-

- ▶ Help them to feel safe.
- ▶ Help your child to understand what happened.



Caring for a scared or upset child can be very tiring. You need to look after yourself as well.



Talk about how they should keep safe.



Be ready to talk and answer questions when your child wants to.



Children should feel that their questions are important and it is OK to ask.

Use words and ideas that children can understand.



Tell them the truth about what happened. It will help children to make sense of it.



Children often blame themselves for things which are not their fault.



Don't make children to talk about what happened if they do not want to.

How can my child get back to normal?



Help them feel that their feelings are normal.



Help them to cope with their strong feelings, maybe using relaxation.



Give them a warm and calm home life with no surprises.



Children usually recover very well from difficult or shocking experiences.

What if they are not getting better?



Keep your eyes open for difficulties.



Keep a note of any problems that appear and grow.



Speak to your doctor if you are concerned.



If your child carries on being upset you should look for some mental health support. Ask your doctor to arrange something.

For more information

This resource is part of the MindEd online learning site. For more information:-



Web: www.minded.org.uk



Email: minded@rcpch.ac.uk



Twitter: @MindEdUK

Easy read by easy-read-online.co.uk with help from Mencap Liverpool