

What Other Impacts Might You See?

- **Trauma reminders** - Things, events, situations, places, sensations and even people that a child connects with a traumatic event. Trauma reminders or triggers may evoke intense and disturbing feelings tied to the original trauma; and overwhelming emotions can lead to reactive behaviors that seem out of place.
- **Sleeping**- Going to sleep or staying asleep may be challenging, or perhaps they experience nightmares or night terrors.
- **Eating**- Variable or picky appetite, hoarding food and eating to cope are all possible conditions in response to neglect or use of food as punishment or reward.
- **Emotional Instability**- Moodiness and quick shifts in emotion are tell-tale signs of trauma response. Laughing one minute then shouting and crying the next. Getting upset over something seemingly insignificant, or not reacting to something potentially dangerous.
- **Trouble Learning**- When we are in a state of survival or threat, it can be challenge to focus or learn anything new. Children may have trouble in school and in social-emotional situations after experiencing trauma. Concentrating and taking in new information may be difficult which can compound stress reactions.
- **Age Inappropriate Behaviors**- Children who experience trauma may have trouble “acting their age”; instead they are much younger child, or they are **parentified** and acting as for their siblings.
- **Jigsaw Development**: Children with trauma histories are map in their development and deficits resulting in “Jigsaw The term Jigsaw refers to uneven development (emotional, cognitive development which may be younger or older than current chronological age.)



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Are There Long-Term Effects to Childhood Trauma?

Trauma in childhood has long term impacts as well. Children that have had to keep themselves and/or their siblings safe may find it **hard to trust** other people (especially people in authority) and develop lasting friendships. Even if a person is out of immediate danger, there is sometimes **a lack of feeling safe**. Just as a child may experience moodiness and emotional instability after trauma has occurred, if left unchecked these emotional reactions may become common practice; a person may find themselves **unable to manage emotions appropriately** leading to arrest, termination or suicide. Some people as adults have difficulty **navigating life changes** such as: moving, loss or death of a loved one, graduating, new jobs, long-term relationships, having children, etc. Adapting to life stressors can be physically and emotionally draining for a person with a complex trauma history. People with trauma histories might develop severe **physical and emotional responses to stress**. Repeated traumatic experiences, particularly in very young children, and especially those at the hands of caregivers can actually alter crucial pathways in the developing brain.