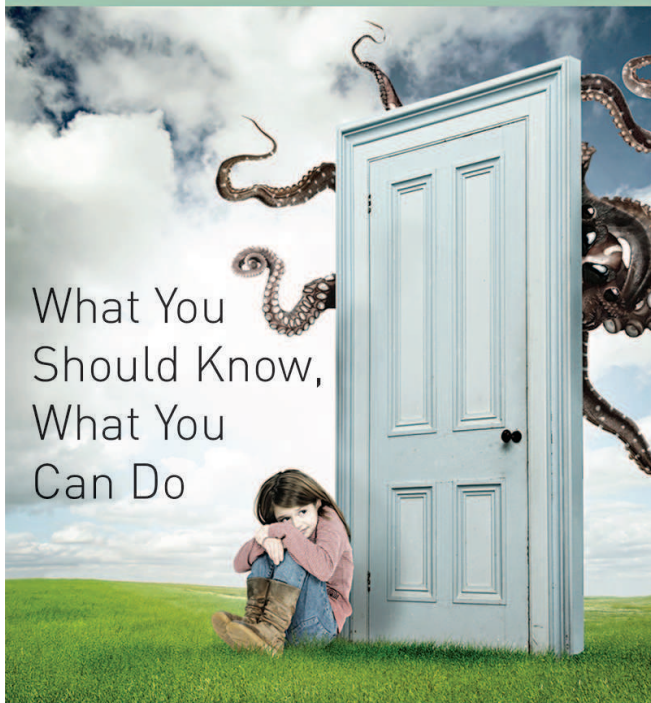


Parents Page

MAY 2018

Childhood Trauma



What You Should Know, What You Can Do

What is childhood trauma?

Childhood trauma refers to traumatic experiences that happen between the ages of 0-17. These traumas can be the result of intentional violence—such as physical or sexual abuse or domestic violence—or the result of a natural disaster, accident or war.¹ When a trauma happens, the child is overwhelmed by terror and can experience a prolonged heightened state of alertness, stress or persistent fear for his or her safety.

How common is it?

Childhood trauma is more prevalent than many people realize and often has long-lasting effects.



How is learning affected?

Childhood trauma can negatively impact learning and behavior because of the way terror and fear create changes in the brain. Following exposure to a traumatic experience, survivors may become frozen in a heightened state of alertness or a persistent fear for their safety. Without trauma intervention, research has shown that these emotional states alter brain function and the student's ability to process information.

This leads to difficulty in:

- Processing verbal information
- Following teacher directions
- Recalling what was heard
- Retaining information

Additionally, these cognitive deficits may result in:

- Low self-esteem
- Poor problem solving
- Increased truancy
- Behavior issues
- Hopelessness
- Increased peer conflict
- Increased dropout rates

How to recognize if a child may have experienced trauma

Watch for these signs:

- Loss of appetite
- Easily startled
- Difficulty concentrating or remembering
- Frequent headaches or stomachaches
- Constant state of alert
- Diminished interest in school & activities
- Inability to experience pleasure or joy
- Self-blame or shame
- Feeling of detachment from others
- Recurrent conflicts with classmates
- Irritability or outbursts of anger
- Trouble focusing on classwork
- Acting as if the traumatic event were recurring⁵

What happened? Where's the happy, confident student we knew?

Caring for Children Who Have Experienced Trauma: A Presentation for Parents, Foster Parents, & Other Caregivers
 Thursday, May 10th
 6:00pm – 8:00pm
 The Outpost Pizza Pub & Grill
 201 W Main St John Day, OR 97845

Trauma Informed Care for Professionals: Understanding Children who have Experienced Trauma
 Friday, May 11th
 9:00am – 5:00pm
 Grant Union Jr/Sr High School
 911 S Canyon Blvd John Day, OR 97845



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