

Parenting After Trauma: Understanding Your Child's Needs

1. Trauma has more severe effects when.....
 - a. Children are younger
A child has less social support
Different stressors add up
 - b. Children are in safe homes
Children have tantrums
Children are younger
 - c. Children have fewer social support
Homes are full of love
Children are younger

2. Neglect is a form of trauma
 - a. True
 - b. False

3. How are traumatic events often remembered by children?
 - a. When something scary happens
 - b. Through sensations called triggers
 - c. Being anxious about school which causes memory of violence at home
 - d. All of the above

4. _____ are sensations that make a child feel that the traumatic event is happening over and over again.
 - a. Hyperarousal
 - b. Trauma
 - c. Triggers

5. Mistreated children tend to “trust no one” and “trust everybody, but not very much.”
 - a. True
 - b. False

6. Traumatized children easily depend on consistent, reliable adults.
 - a. True
 - b. False

7. Not trusting adults can be mistaken as _____.
 - a. ADHD
 - b. failing in school
 - c. anxiety
 - d. disrespecting authority

8. Trauma causes a child’s brain to be _____. It may be hard for a child to focus at school.
 - a. on guard
 - b. smaller
 - c. trusting

9. Triggers can cause dramatic and often unexpected behaviors like physical aggression or withdrawal.
 - a. True
 - b. False

10. Supportive and caring adults can help a child recover from traumas.
 - a. True
 - b. False

