

# Impact of Traumatic Events on Children

## Preschool

- Regressive behaviors
- Speech difficulties
- Whining, clinging behaviors/separation anxiety
- Increased temper tantrums

## School Age

- Irritability
- Whining, clinging, competition for attention
- Aggressive
- Physical Complaints

## Teenagers

- Sleep/appetite disturbance
- Physical complaints
- Risky behaviors
- Diminished academic performance
- Depression and anxiety



# Top Parenting Tips During COVID-19

[www.triple-parenting.com](http://www.triple-parenting.com)

- ▶ Reassure your children that your family is your top priority
- ▶ Take care of yourself the best you can
- ▶ Make sure your children know you are ready to talk
- ▶ Be truthful in answering children's questions
- ▶ Maintain everyday family routines
- ▶ Have a family plan of action
- ▶ Have plenty of interesting things to do at home
- ▶ Take notice of behavior you like
- ▶ Help children learn to tolerate more uncertainty
- ▶ Reach out and connect with loved ones



# Resources

The American Academy of Pediatrics  
COVID-19 articles and Returning to School Safely

[www.healthychildren.org](http://www.healthychildren.org)

Triple P (Positive Parenting Program)  
Parenting during COVID

[www.triple-parenting.com](http://www.triple-parenting.com)

MUSC Boeing Center for Children's Wellness  
Wellness in a Distance Learning Setting

<https://musckids.org/our-services/boeing-center>

