

8 WAYS

to respond to a child when they talk about

TRAUMA

1

Keep listening. Don't fill the space; just let them talk.

2

"I'm so sorry you experienced that."

3

"This is not your fault."

4

"Wow. That must have been _____ (hurtful, scary, so sad ...)"

5

"It takes courage to share that kind of experience."

6

"I'm here for you."

7

"It's hard to understand why things like this happen and still believe God loves you. But He does love you. He is with us in the sadness and hard times, too."

8

"I'm so thankful you shared this with me. Who is helping you talk about these difficult experiences?"

Harvard's Center on the Developing Child says ...

Harvard's Center on the Developing Child says, "The single most common finding is that children who end up doing well have had at least one stable and committed relationship with a supportive parent, caregiver or other adult."

Notice the word "perfect" is nowhere in the description! Just be present, listen and remind children that you and God love them.