**Common behaviors that may signal trauma for children.**

**Behavioral Signs of Trauma**  **Emotional Signs of Trauma**

-Appetite changes -Anger or irritability

-Clinginess -Anxiety

-Difficulty sleeping -Depression

-Difficulty paying attention or concentrating -Emotional numbness

-Headaches -Extreme emotional distress

-Increased aggression -Inconsolable crying

-Problem’s interacting with other children -Nightmares

-Problems at school -Sadness

-Regressive behaviors (acting like they did -Withdrawal or avoiding

when they were younger) engagement with others

-Stomachaches

-Temper tantrums

**Quick way to identify a problem**

Just remember the word “Scared” and the six types of behaviors you should keep an eye out for:

**S-**Sudden changes in sleep habits

**C**-Crying

**A**-Afraid of things not feared before

**R**-Refuses activities he/she once enjoyed

**E**-Easily startled

**D-**Displays descriptive, violent, bullying or aggressive behaviors