

Between Families Articles

August 2025:

Back to School Child Trauma Guide: Tips for Parents and Caregivers

Link: <https://www.safehorizon.org/programs/back-to-school-child-trauma-guide-tips>

Source: Safe Horizon

Quiz (for 0.5 hrs of training credit):

T/F

T/F - Trauma affects a person's way of coping with anxiety, danger, and sadness.

T/F – Trauma reactions are normal for individuals with trauma histories.

T/F – There's really nothing parents or caregivers can do for children with trauma histories, since the trauma is so deeply-embedded in their brains.

T/F – Kids should not get familiarized with teachers, as this may increase feelings of nervousness and hesitation for starting school.

Fill In the Blank

Trauma reactions tend to fall under ____ categories.

Four

Childhood trauma can turn even the smallest surprises or changes into _____ challenges.

Overwhelming

The trauma reaction of taking extra steps to avoid reminders of the traumatic event is called _____.

Avoidance.

Multiple Choice

According to the article, which is NOT a trauma reaction in younger children (ages 0-7)?

Stomachache

Fear of leaving adults' company

Nightmares

Irritability

Excitability towards school

Aggressive play

According to the article, which is NOT a trauma reaction in older children (ages 7-17)?

Sadness & anger

Withdrawal

Improving relationships

Sleeping & eating changes

Absenteeism

Drug and/or alcohol use

Risk-taking behaviors

A helpful tip for children is to create as much _____ as possible ahead of time.

Predictability

Accountability

Sustainability

Liability

ANSWERS

August 2025:

Back to School Child Trauma Guide: Tips for Parents and Caregivers

Link: <https://www.safehorizon.org/programs/back-to-school-child-trauma-guide-tips>

Source: Safe Horizon

Quiz (for 0.5 hrs of training credit):

T/F

T/F - Trauma affects a person's way of coping with anxiety, danger, and sadness.

T/F – Trauma reactions are normal for individuals with trauma histories.

T/F – There's really nothing parents or caregivers can do for children with trauma histories, since the trauma is so deeply-embedded in their brains.

T/F – Kids should not get familiarized with teachers, as this may increase feelings of nervousness and hesitation for starting school.

Fill In the Blank

Trauma reactions tend to fall under ____ categories.

Four

Childhood trauma can turn even the smallest surprises or changes into _____ challenges.

Overwhelming

The trauma reaction of taking extra steps to avoid reminders of the traumatic event is called _____.

Avoidance.

Multiple Choice

According to the article, which is NOT a trauma reaction in younger children (ages 0-7)?

Stomachache

Fear of leaving adults' company

Nightmares

Irritability

Excitability towards school

Aggressive play

According to the article, which is NOT a trauma reaction in older children (ages 7-17)?

Sadness & anger

Withdrawal

Improving relationships

Sleeping & eating changes

Absenteeism

Drug and/or alcohol use

Risk-taking behaviors

A helpful tip for children is to create as much _____ as possible ahead of time.

Predictability

Accountability

Sustainability

Liability