

Threshold Guidance- Trauma

Name of Young Person:

Staff member supporting:

Has this been completed in collaboration with the YP? Yes/NO

What we do, what we don't do, and what you can do if you are worried about your child

Difficult, upsetting or traumatic events and experiences happen to young people. Here's a guide to help you know how best to support your young person if they are experiencing, or have experienced, a traumatic event. This is not an exhaustive list; young people will experience other types of distress and symptoms which may not be included on this guide:

Coping/ needs for support; These are experiences that most young people will have from time to time.

Type and nature of distress

It is common for children and young people to experience situations which are distressing, confusing or frightening as they develop through childhood and adolescence. The typical events of this nature that children and young people experience tend to be situation specific, short term and can be managed with the love and support of parents/carers. Examples of situations that may cause/contribute to a young person feeling distressed might be:

- Adjusting to changes (such as a new school)
- Friendships or relationship issues
- Episodes of being teased or bullied (including being or feeling left out or excluded)
- Being physically poorly or in pain
- Family breakdown or conflict
- Grief or loss (of a pet, family member or friend)
- Accidents (eg, breaking an arm)
- Unexpected events
- Watching age/developmentally inappropriate material (eg, films, games)

What you might see or a young person might report (Tick all those that apply)	Date Completed	Date completed	Date completed	Date completed
Being clingy and not wanting to be separated from a parent/carer				
Not wanting to be left alone				

Seeking verbal reassurance and checking things are ok				
Not wanting to go to school				
Avoidance of seeing friends or doing activities they ordinarily enjoy				
Having mild sleep disturbance (eg, bad dreams or difficulties getting to sleep)				
Feeling tired or appearing lethargic and unmotivated and disinterested				
Appearing withdrawn and less communicative				
May appear more challenging or oppositional/argumentative				
Crying				
In young children you may see a slight regression in behaviour such as wetting/soiling				

Things to try, Support, and Next Steps

- Normalise that feeling upset, confused, angry, down are natural and understandable responses to difficult or distressing events, and that these feelings may last a while
- Activity helps; encourage a young person to do a range of tasks and activities including one they need to do, such as school work to fun things.
- Keep a routine and have enjoyable and pleasurable things planned; familiarity and predictability are important
- Use distraction techniques, here are some strategies to try;

A-Z of coping strategies: <https://youtu.be/5EXpkVw3fh>

How to make and use a coping box: <https://youtu.be/OyfgodSSdV4>

- Role model and demonstrate that you can do things, even when you're feeling sad
- Be compassionate by validating how a young person is feeling
- Be calm and consistent in your language and behaviour and responses
- Support a young person to problem solve any obvious triggers
- Allow a young person to express and communicate how they are feeling. Some young people struggle to do this verbally- they may prefer to use non-verbal methods such as drawing, painting, making music etc.
- Watch our parent/carer workshop on Coping and Resilience Skills here: *This film is to be uploaded*

Other resources:

- Stuff That Sucks, by Ben Sedley
- Everyday Parenting With Love And Security, by Kim Golding
- Conversations That Matter, by Margo Sunderland

- [What Every Parent Needs To Know; Love, Nurture And Play With Your Child](#), by Margo Sunderland
- [Why Can't My Child Behave? Empathic Parenting Strategies That Work For Adoptive And Foster Families](#), by Amber Elliot
- [A-Z of Therapeutic Parenting Strategies](#), by Sarah Naish
- [A Therapeutic Treasure Box For Working With Children And Adolescents With Developmental Trauma](#), by Dr Karen Triesman
- [Helping Children Who Bottle Up Their Feelings](#), by Margo Sunderland
- [The Thriving Adolescent: Using Acceptance And Commitment Therapy And Positive Psychology To Help Teens Manage Emotions, Achieve Goals And Build Connection](#), by Louise Hayes