



## The Solution?

How to help children heal from trauma:

**Keep a daily routine:** children are reassured and comforted when things are predictable and familiar.

**Listen** to what your child is showing and telling you in words, behaviors, or physical complaints like headache or stomachache.

**Praise your child** for making good choices, cooperating, and handling things well.

**Set reasonable and consistent limits,** give clear expectations, and follow through.

**Reassure your child** when you leave, let your child know when you will be back together. It is best to be honest, rather than tell them what they want to hear.

**Watch for trauma related reminders or triggers** that are hard for your child (people, places).

**“Respond” to your child rather than “react.”** Take time to explore and understand the roots of the behavior.

**Seek help for your child**

[Complex Trauma: Facts for Caregivers, 2014]

## Resources

Domestic Violence Hotline 630-897-0080

Child Abuse & Neglect Hotline

1-800-252-2873

Aurora DCFS 630-844-8400

Elgin DCFS 847-888-7620

## Family Support Services

Family Focus 630-844-2550

Child Family Connections 630-879-2277

Strong Prepared and Ready for Kindergarten SPARK

630-896-4636 Ext. 104

Pregnancy Information Center 630-896-8600

Aurora Police Dept.

Non-emergency 630-256-5000

Kane County Sheriff Dept. 630-232-6840

## Kane County Action Team Mission

- Reduce the number of children who enter foster care
- Return children home faster
- Decrease disparate outcomes of children of color
- Build a stronger community
- Protect our children and families

## Contact Us

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# Child Development and Trauma



Kane County Action Team



## Developmental Milestones

### Age 0-1

- Responds to and copies facial expressions
- Plays social games Patty Cake and Peek-A-Boo
- May cry around strangers and when caregiver leaves

### Age 1-2

- Children often say “No”
- May have temper tantrums
- Attempts to be independent, can play independently for brief periods of time

### Age 2-3

- Concerned about self
- Shows many different emotions
- Copies gestures, behaviors, and activities
- Likes routine

### Age 3-4

- Becomes more independent in daily activities
- Learns to share
- Verbally communicates needs

### Age 4-5

- Begins to think of others’ feelings
- Cooperative with rules but can be demanding at times

For more information visit: [www.cdc.gov/actearly](http://www.cdc.gov/actearly)

## What is Trauma?

Childhood Trauma: Experiencing or witnessing an event (acute) or series of events (chronic) that involves:

- Actual or threatened death or serious injury to self or others
- Threat to self or others
- Results in lasting traumatic effects

(Zero to Three, 2004)

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*Abuse      Violence*

*Death      Medical Crisis*

*Divorce      Natural Disasters*

*Moving      Separation from Parents*

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## Difficult issues that can negatively affect children

- Violence in the home
- Physical, sexual, or emotional abuse
- Emotional or physical neglect
- A caregiver who is depressed, suicidal, or mentally ill
- A caregiver who uses alcohol or drugs
- Parental separation or divorce
- A caregiver who is in jail

[[www.samhsa.gov](http://www.samhsa.gov)]



## Trauma and Brain Development

From birth to age 5, a child’s brain develops more than at any other time in life. And early brain development has a lasting impact on a child’s ability to learn and succeed in school and life. The quality of a child’s experiences in the first few years of life - positive or negative - helps shape how their brain develops.

[[www.firstthingsfirst.org/early-childhood-matters/brain-development](http://www.firstthingsfirst.org/early-childhood-matters/brain-development)]

Exposure to traumatic experiences have the potential to impact children’s brains, which may cause long-term effects in areas such as:

- Attachment: Difficulty with relationships, boundaries, empathy, and social isolation
- Physical Health: Increased medical problems
- Emotional Health: Difficulty identifying feelings and communicating needs
- Feeling a lack of connection: Amnesia, impaired memory
- Mental Health: Difficulty focusing, learning, and processing new information
- Self-Concept: Low self-esteem, shame, and guilt
- Behavioral: Difficulty controlling impulses, oppositional behavior, irregular sleep and eating patterns

[Cook, A., Spinazzola, P., et al. (2005). Complex trauma in children and adolescents. *Psychiatric Annals*, 35(5), 390-398]