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]

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**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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Kane County Action Team
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.

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 impulsions, oppositional behavior, irregular sleep and eating patterns


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)

<table>
<thead>
<tr>
<th>Abuse</th>
<th>Violence</th>
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<td>Separation from Parents</td>
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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