



Indiana Association for Infant & Toddler Mental Health

Many of us know families affected by the recent severe weather conditions, flooding, loss of homes, and other traumatic experiences. As a First Steps provider, you may wonder about how these experiences affect infants and young children in your care. Some indications that a young child is struggling with fear or anxiety related to trauma include regression or loss of previously learned skills, sleep disruption, fear of separation, physical symptoms, such as stomach or head aches, and irritability. Long term or chronic exposure to trauma may contribute to developmental delays or challenging behavior. **Consult with First Steps mental health professionals to learn how to help these children.**



What you can do to help young children affected by trauma:

- * Help families re-establish safety and security by connecting them to resources.
- * Help families plan how to re-establish normal routines.
- * Help parents access mental health services as needed for their own anxiety, depression and other traumatic responses.

Internet resources specific to young children:

Helping Young Children Cope with Trauma
www.redcross.org

Little Listeners in an Uncertain World
www.zerotothree.org

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