



WHAT ARE THE REACTIONS IN CHILDREN AFTER A STRESSFUL EVENT

Repetitive
games
with content
related to war

Distress evoked
by stimuli
related
to the event

Aggressive
behaviors

Difficulty
concentrating

Intrusive
thoughts
and/or images
related
to the event

Somatic
symptoms
(stomach ache,
headache,
excessive fatigue)

Cry for
trivial reasons

Nightmares,
sleep disorders,
nocturnal
awakenings

Separation
anxiety

Irritability
and anger

Difficulty
talking
about
the event

Loss of hope
in the future



**Some
tips:**

ADULTS BEHAVIORS THAT CAN BE HELPFUL

OBSERVE THEIR BEHAVIORS

**Everything the children do not say they show:
with behaviors, with play and with small somatic symptoms.**

**Let's not judge them, let's explain to them that maybe they behave like this only out
of fear.**

ALLOW THEM TO ASK QUESTIONS

**We try to provide understandable answers for their age:
let's give them words to organize events and help them express their emotions, their
anxieties, their fears and even the sorrow they have towards those who are
experiencing such a dramatic situation, let us feel entitled to tell them we don't
have answers when we really do not have any.**

**If a child does not ask questions we can try to ask: "what do you think, what do you
feel, what would you like to know, how do you feel, what do you know, did you talk
about it at school? "**

**It is a great way to show the child that she/he can ask us what is happening and find
in us an attentive listener.**

LOOK FOR A WAY TO COMFORT THEM

**There are no solutions for things that concern events greater than us, but
there is something that always works: a hug, a caress or physical closeness.
Say: "I understand, I feel this way too, I'm sorry too, I am too worried and sad
about what's going on, but I can make sure the whole world is sensitive to
what's happening and everyone are doing their best to make the world again a
place to feel safe "**