



As an adult,
what can I do
to make things
easier for
a child?

Based on material from
The Icelandic Red Cross' trauma team
for children and teenagers.

Learn about
common responses
to trauma in children.

[Read about normal reactions](#)

Your role as an adult around children is to look out for and protect them, but also to be a good role model.

Your behavior sets
the tone for the
behavior of the
young people.

When children and
young people are
around, it is important
for you to...

Respond to events calmly.

Try your best to stay calm, even though your feelings are as normal as theirs.

Strong reactions can cause insecurity, fear, and powerlessness in children.

Think of who's
listening.

Conversations between
adults about news and
events often quickly
become exaggerated
and negative.

Children don't gain
anything by hearing that
kind of talk.

**Stop discussions
that breed fear and
prejudice.**

If adults speak of a
group as dangerous,
then it is likely that the
young people who hear
it will fear the group.

Children may be aware
of dangers, but they
need to be based on
reality, not prejudice.

Children can be informed about the world. But, they do not need to hear endless talk about difficult issues.

Talking about war abroad is normal, but young people do not need to hear talk about it over and over.

If a child wants to talk
to you about
something that is
bothering them.

Be understanding of
the child's feelings.

Be honest.

Let them lead the
conversation.

Show affection and
be present.

Have a routine and consistency so the child feels safe.

How can adults help children after trauma?

Click to read more
on ways and resources



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Rauði krossinn

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