

# How to Help Your Child Cope With Trauma?

Take these recommended steps as parents to help your child cope with trauma.



## Encourage Your Child to Talk and Share

Acknowledge the traumatic event



## Let Them Grieve

Ask them to process their hurt feelings in their own time



## Make Your Kid Feel Safe

Give them a feel of security with hugs and cuddles



## Be Patient and Show Love

Do not burden your kids with stress and be kind



Talk to our psychological counselor to