

Trauma Training for Caregivers:

Star Health

Source: NCTSN at <http://www.nctsn.org>

“Caring For Children Who Have Experienced Trauma”

Quiz

1. Name three negative feelings a parent caring for a child who has been through trauma may feel.

2. There are nine essential elements of trauma informed parenting. Which of the following is **NOT** one of them?
 - a) Recognize the impact trauma has had on your child.
 - b) Help your child feel safe.
 - c) Your child should be strong enough to manage overwhelming emotions.
 - d) Take care of yourself.

3. What is one “myth” you need to avoid when caring for child who have experienced trauma?

4. Name two ways long term trauma can affect a child.

5. Name two things that affect a child’s reaction to trauma.

6. Children can respond to trauma with avoidance and withdrawal. This can often be observed as the following:

- a) Feeling full of life
- b) Pulling away from activities and relationships
- c) Being attracted to things that prompt memories of the trauma

7. The following things can create trauma reminders

- a) Events
- b) Places
- c) Sensations
- d) All of the above

8. Sometimes children are diagnosed with Posttraumatic Stress Disorder (PTSD). What are two reactions of traumatic stress?

9. _____ is the ability to recover from traumatic events.

10. One factor that can increase resilience in children is feeling connected to a positive role model/mentor.

True

False