**Age-Related Reactions to a Traumatic Event (from NTI curriculum)

Parenting Resources · https://bridges4mentalhealth.org/hub/parenting-resources/age-related-reactions-to-a-traumatic-event-from-nti-curriculum/

Age-Related Reactions to Traumatic Events

From NTI curriculum--identified as one of the most helpful resources by Parent Partners

Age-Related Reactions to a Traumatic Event explains that children's responses to trauma vary by age and developmental stage. Young children may show regression, separation anxiety, sleep difficulties, or trauma-focused play; school-age children may experience fear, guilt, concentration problems, physical complaints, or behavior changes; and adolescents may withdraw from family and friends, struggle with shame or guilt, engage in risky behaviors, or experience changes in how they view the world.

The resource emphasizes that healing is supported when families, schools, health care providers, and communities provide reassurance, consistent routines, opportunities to express feelings, and age-appropriate support. Helping children feel safe, understand their reactions, and stay connected to supportive relationships can promote recovery after a traumatic event.

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