



## HOW ARE YOU?

Following a traumatic event, children often have difficulty understanding what they are feeling. We can learn how to identify our emotions, as well as how to accept and express our emotions in healthy ways.

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People often show their emotions on their faces, in their bodies, and through their actions or behaviors.

### We can identify and accept our emotions by:

- **Pausing** and taking a few deep breaths
  - **Asking** ourselves how we're feeling and naming the feeling
  - **Accepting** the feeling by reminding ourselves that all emotions are okay
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### Here are some suggestions for ways to help your child identify their feelings and process traumatic events:

- **Reassure your child that they are safe.** While elementary-age children are comforted by age-appropriate facts, it's important to limit their exposure to social media and other news outlets
- **As much as possible, stick to your typical routines** such as mealtimes or bedtimes. If your routines have been disrupted, establish new routines as soon as possible
- **Talk with your child.** Let them know that it's okay to ask questions. Ask them how they are feeling and share your feelings with them
- **Help your child identify their emotions** by noticing and pointing out the child's words or body language. For example, if your child is nervously tapping, say something like, "I see you're tapping. How are you feeling?" If your child isn't able to name their feeling, suggest some possible emotions for them to choose from such as, "Are you feeling nervous or scared or excited?" Talking with your child about their emotions will help them better identify their emotions
- **Look for signs of stress in your child.** Some signs may include: anxiety, aggression, moodiness, physical discomfort, lethargy, or withdrawal.

Being able to recognize and accept one's emotions is an important first step to recovering from a traumatic event.