



THE BAKER CENTER
FOR CHILDREN AND FAMILIES

May Is Trauma Awareness Month



Learn More About Trauma

What Is Trauma?

Trauma is the experience of an event(s) where a person experiences a threat to their life, sense of safety in their body, or a threat to the life of a caregiver or family member.

Can Trauma Happen To Kids?

When children experience traumatic events, it means that they are faced with very real safety concerns.

These dangerous events can overwhelm their ability to regulate emotions, and they are often on guard, looking out for additional threats to safety.

Kids experience and respond to trauma in different ways depending on their age and environment.

Can Trauma Be Diagnosed In Kids?

Yes, we can diagnose trauma in children and diagnoses are important to help professionals match kids with treatment.

Trauma in kids can look different based on their developmental stage.

To diagnose trauma, kids and families will partake in an interview to discuss history and symptoms, as well as filling out questionnaires.

The Good News Is That Kids Are Really Resilient

Lots of kids experience bad things and don't have lasting trauma symptoms.

An assessment can still be helpful to figure out the best next steps to support your child.

How Can I Get Help?



To schedule a phone screen with one of our Program Assistants, follow the QR code, or visit our website.