



THE BAKER CENTER  
FOR CHILDREN AND FAMILIES

# May Is Trauma Awareness Month




Learn More About Trauma **Part 3**



# What Can Be Traumatic?





Even though we work hard to keep our kids safe, they may still experience dangerous events both from within and outside the family.

Some examples of traumatic events are:

Natural disasters

Car accidents

School shootings

Community violence

Domestic violence  
in the home

Physical or Sexual abuse

Serious accidents or  
illnesses

Loss of a loved one

Military family  
related-stressors

Witnessing substance  
abuse


Neglect






**How Can I Keep  
My Kids Safe?**





While we can't control everything that happens to our kids, here are some things we can do to help prevent traumatic events.

- Learn how to manage stressful events in a calm way.
  - Connect to community resources.
  - Strengthen close relationships with others.
  - Lean on natural supports.
  - Use predictable and consistent disciplinary strategies at home.
  - Use effective communication strategies.
  - Encourage school attendance and participation.
  - Get involved in your kids school and extracurricular activities.
- 



# How Can I Get Help?



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