

CARING FOR CHILDREN DURING AND AFTER WAR

01

Know the impact on young children:

- Young children may feel traumatized by these experiences
- Their reactions depend on the response of parents and caregivers!

02

Children can experience behavioral or emotional challenges:

- Increased crying, insecurity, and anxiety
- Attention difficulties
- Repetitive play and sleep problems
- Regressive behaviors (e.g., bedwetting)
- Loss of language skills
- Aggressiveness or withdrawal
- Reactions to trauma triggers (e.g., loud sirens)

03

Post-Trauma Symptoms:

- Increased anxiety and other post-traumatic stress symptoms may occur

04

Resilience and Recovery:

- Support from family, education, and community can bring about resilience
- Children become threatened when the systems that protect their development are harmed

05

Interventions for Children:

- Re-establish routines
- Allow time for play, relaxation, and recovery
- Listen, observe, answer questions, and explain in a child-friendly way
- Offer hope for the future

06

Support for Adults:

- Support for parents, caregivers, and teachers is crucial
- Self-care for adults is essential for children's resilience

