



**UK TRAUMA
COUNCIL**



Critical Incidents

IN EDUCATIONAL COMMUNITIES

Working together with
parents & carers



welcome

- 1** Why we are here
- 2** What we know helps create the best environment for recovery
- 3** How to help your child
- 4** Where you can get further information or help

Trigger warning:

Look after yourself. If this meeting isn't helpful for you today, do what you need to do.



Why we are here:

- To give you an update
- To work together
- To share what we know about what helps recovery
- To find out what else you need to help your child



update

What we know about what helps children and young people recover

Research tells us that there are key principles that help after a critical incident.

We are working to help everyone in our educational community feel:



safe

What we know about what helps children and young people recover

Research tells us that there are key principles that help after a critical incident.

We are working to help everyone in our educational community feel:



calm

What we know about what helps children and young people recover

Research tells us that there are key principles that help after a critical incident.

We are working to help everyone in our educational community feel:

connected



What we know about what helps children and young people recover

Research tells us that there are key principles that help after a critical incident.

We are working to help everyone in our educational community feel:

in control



What we know about what helps children and young people recover

Research tells us that there are key principles that help after a critical incident.

We are working to help everyone in our educational community feel:



The five key principles



safe



calm



connected



in control



hopeful

Working together: How you can help your child feel

*safe
at home*

Our recommendation when sharing information:

- A shared message that is honest, accurate and reliable information
- Straightforward language that your child is likely to understand (avoid euphemisms)
- Giving enough detail so children and young people aren't left filling in the gaps themselves
- Answering their questions – even if the answer is “We don't know yet” or “Can I think about the best way to explain that – I'll come back to you in a bit?”
- Revisiting the conversation to check that they understood

Working together: How you can help your child feel

*safe
from the
media*

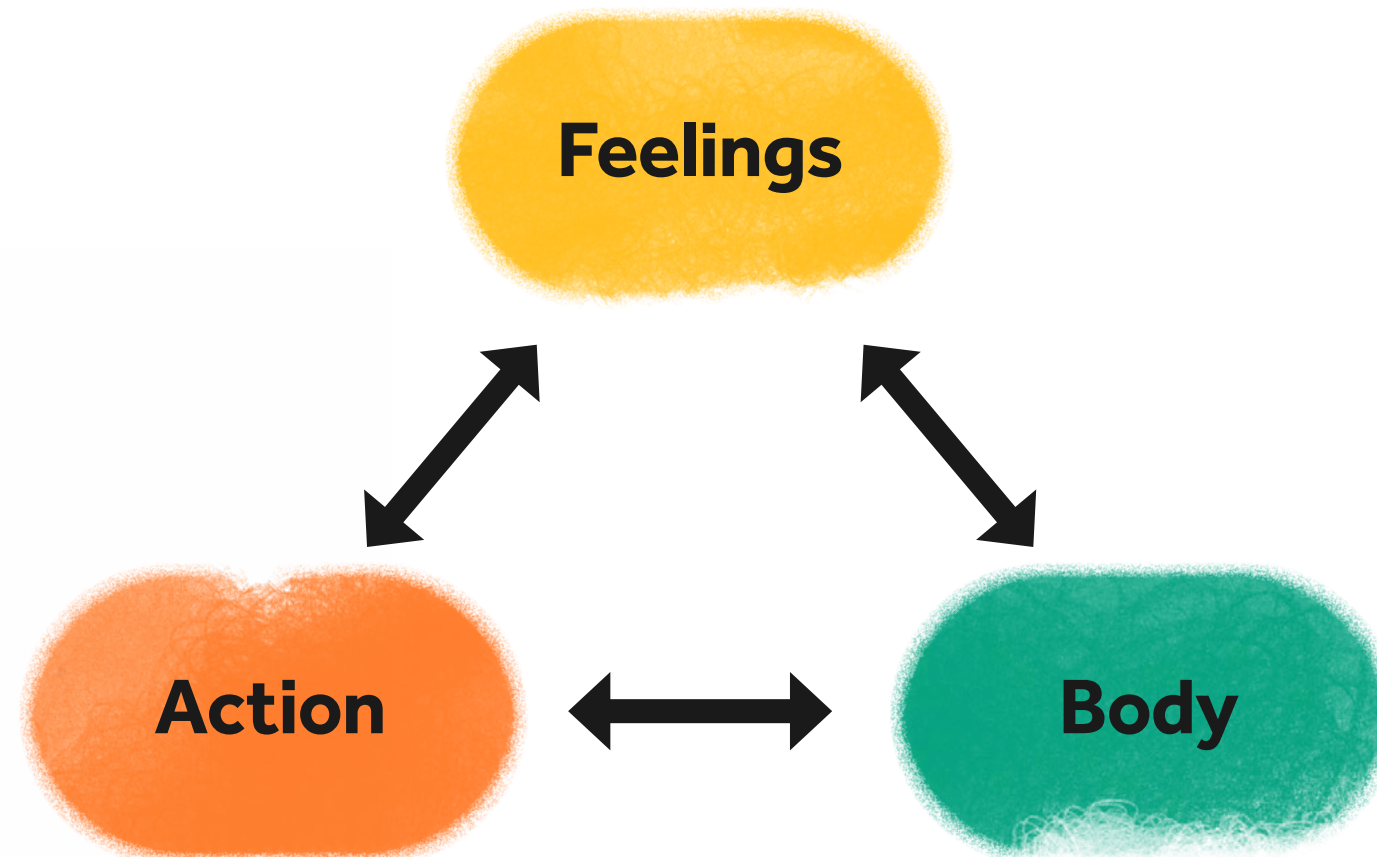
Media reports can be speculative, sensationalist and inaccurate. Sometimes the details included can be very distressing and harmful to children and young people

- Working with your child to limit their exposure to media reports (including social media)
- Discussing with them when they have seen or heard something upsetting
- Trying to help them create a more balanced view of the world if the details in media accounts make them feel more scared

Working together: How you can help your child feel

calm

After a critical incident strong feelings are normal and although they can be unpleasant they are not dangerous. So let your child 'feel their feelings' rather than rushing them through to try to make them feel 'better.'



Some may ...

- find it hard to sleep
- be on edge or irritable
- be anxious about being away from you

Some may experience strong emotions in physical ways inside their bodies – including aches and pains.

Working together: How you can help your child feel

calm

- Being calm around your child when they are feeling overwhelmed is key. Then use familiar activities that help them relax and distract them
- You know them better than others, so you will know what will work – energetic games, calming games, music, TV, reading, colouring
- But don't let your usual boundaries (e.g. screen time or bedtime) change too much. At this point your child needs to know that some things are just the same as they ever were

**Working together:
How you can help your child feel**

connected

- Sometimes children and young people isolate themselves after a critical incident
- Being around others is important – both with friends, staff and of course with you at home
- Let us know if they are struggling to come in.
- Look for opportunities to do things together at home to keep the connection and closeness going
- Draw on the company of others that your child likes to spend time with including your family and wider social network

**Working together:
How you can help your child feel**

in control

- When something distressing has happened the world can feel out of control. Helping your child to make some decisions and influence things about their life can help them feel more in control
- Do comfort them when they need it but also encourage independence where possible

**Working together:
How you can help your child feel**

hopeful

- It is natural and understandable to think about what happened a lot
- We don't want to diminish how hard things are right now but very much want to help your children feel hopeful about tomorrow
- Can you help them find things to get involved in to foster a sense of hope?

What if you are still worried?

Different children and young people respond differently, need different amounts of support and recover in different timeframes.

It is normal to have periods of distress for the first weeks and months. If their difficulties are severe and frequent and have a big impact on their lives they may need additional help.

We will be looking out to see how everyone is doing too and monitoring those we are most worried about. Talking together will help us work out the best next steps.

For more
information
and help:

www.penninecare.nhs.uk/trauma

NHS
**Looking after your
child following
trauma**

NHS
**A guide to
understanding
and managing
trauma**

What next?



Thank you
**for attending
today.**