

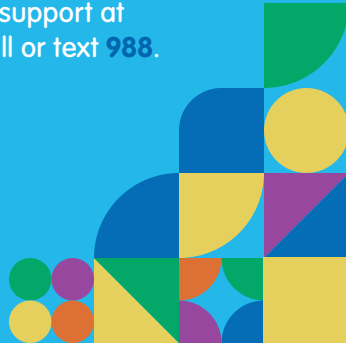


Helping Kids Navigate After a Tragedy

You know your child best. Most children find it helpful if you:

- Listen to them.
- Answer questions briefly and honestly.
- Let them know they are safe and you are there for them.

You can find additional support at cmkc.link/parade or call or text 988.



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Watch for changes in your child

Some signs of post-traumatic stress disorder include:

- Avoiding people, places or things that bring back memories.
- Panic symptoms (racing heart, rapid breathing) when not in danger.
- Feelings of shame, sadness or anger.
- Nightmares or memories of the scary event when they are trying not to think about it.

If your child is still having difficulty 2-4 weeks after the event, seek help.



Children's Mercy
KANSAS CITY

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