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.
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.

 zien's Mercy
KANSAS CITY

24-EM-3255  2/24