Children who have experienced trauma can show its effects through different behaviors. If you are seeing any of the following, it could be a sign of trauma:

- Regression in development (social, academic, physical, etc.)
- Withdrawn
- Skipping school or running away
- Aggression, defiance
- Screaming and crying
- Quick temper
- Impulsive actions that can threaten health
- Problems sleeping
- Lying and/or cheating
- Bullying
- Drastic or sudden changes in personality

Seek help from a professional if your child is exhibiting these symptoms.

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