The effects of **TRAUMA**

ON YOUR CHILD

Children who have suffered trauma can feel the effects in every part of their lives, and they often are long-lasting. Childhood trauma can lead to:

- Low self-esteem
- A higher risk for obesity, diabetes, heart attack and stroke as adults
- Less likely to be engaged in school
- Sleep difficulty
- Memory problems
- More likely to repeat a grade in school
- Developmental delays (speech, motor, etc.)
- Higher rates of substance abuse and suicide
- Less likely to be engaged in school

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