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**
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