

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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