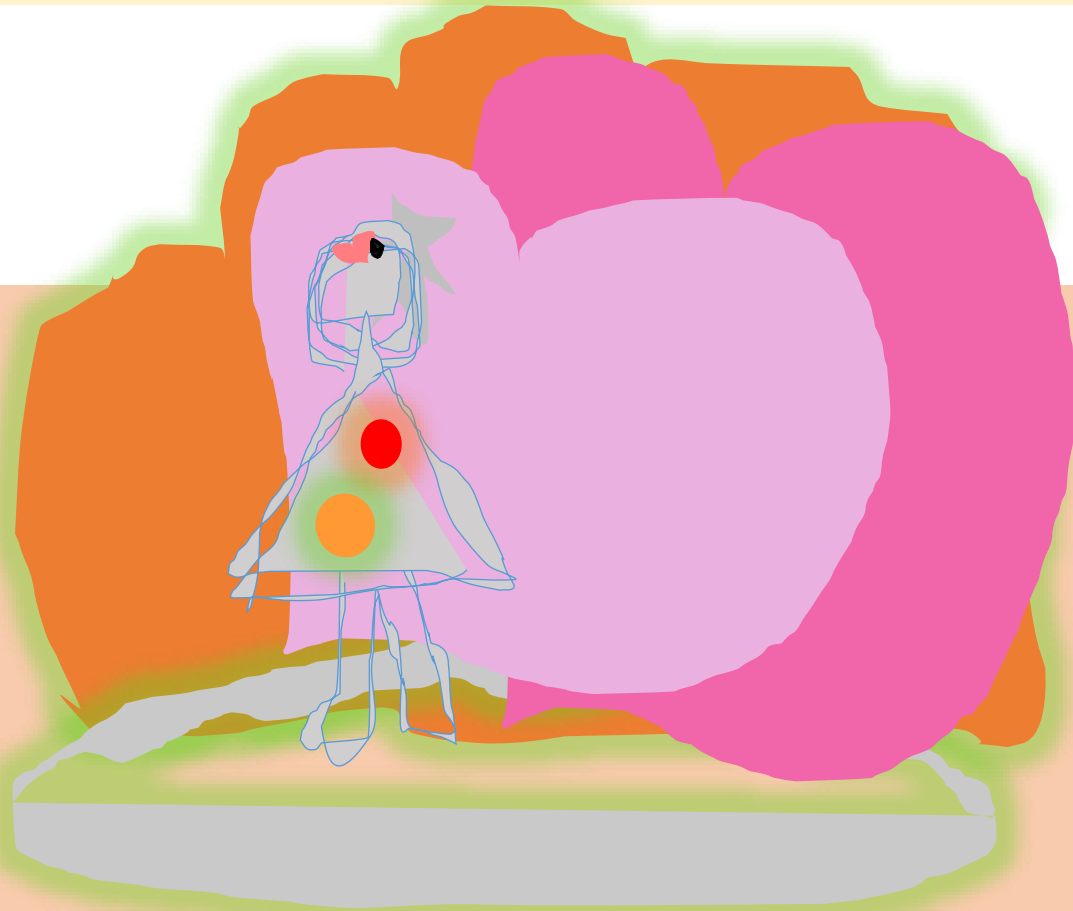


# Welcome to your New Life

How children feel after surviving a traumatic situation and what helps them to get along better



A picture sheet for parents of children who experienced dramatic situations and fear

Made by Susanne Stein  
[www.susannestein.de](http://www.susannestein.de) 2019/2020

All children all over the world should grow up  
in safety and peace



But many of them experience extreme fear and violence from war, from fleeing, from accidents, from neglect, beatings or abuse ...



The shadow of such an extreme fear can follow the child for a long, long time

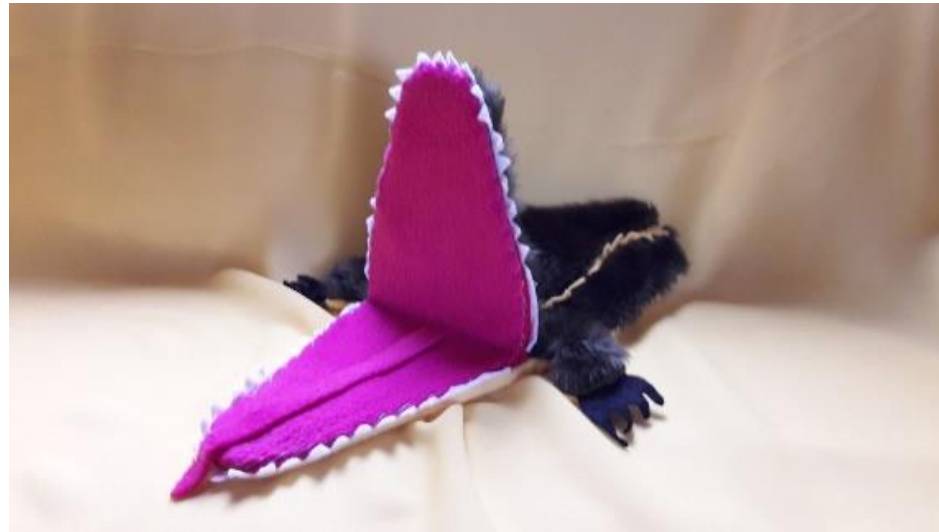


In spite of all the adversity: Children have an amazing power - somehow, most of them keep growing ...



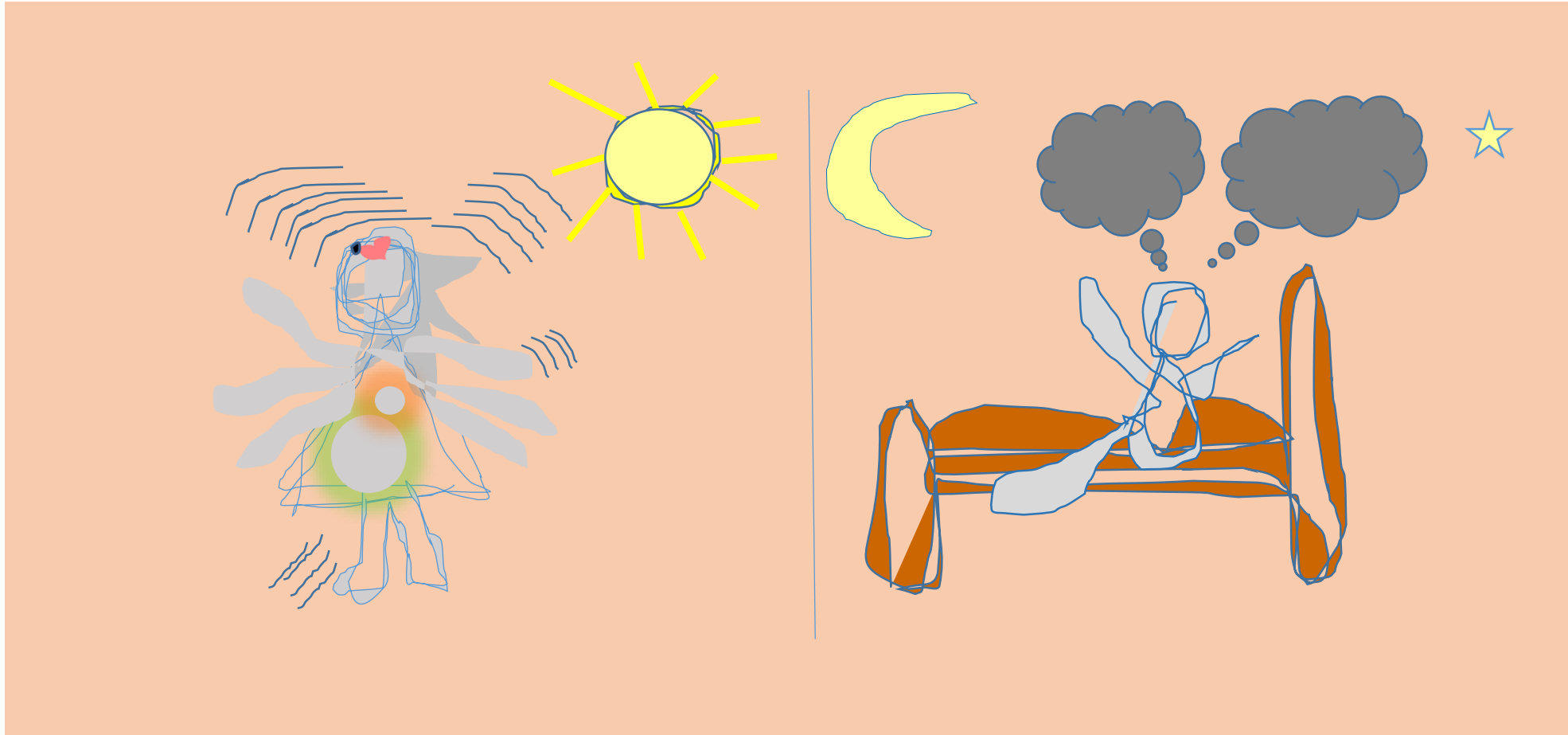
Bilder: pixabay

While the little survivors go on doing  
their very best,  
the traumatic experiences make the  
souls of the children suffer



# Some children react with restlessness

it's difficult for them to concentrate, they are hyper-active, they cannot fall asleep, they bite their nails ...



# Some children close themselves off from their environment

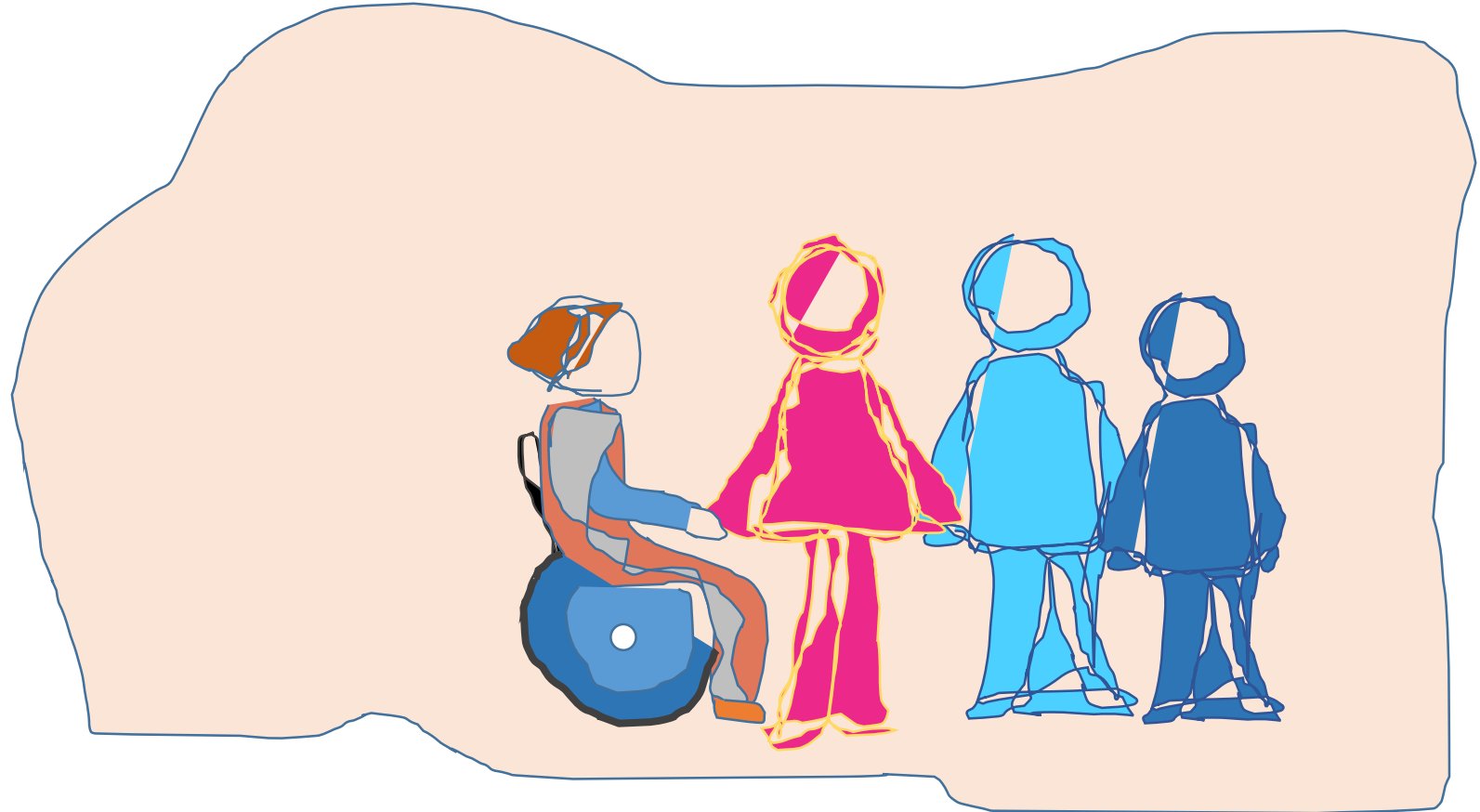
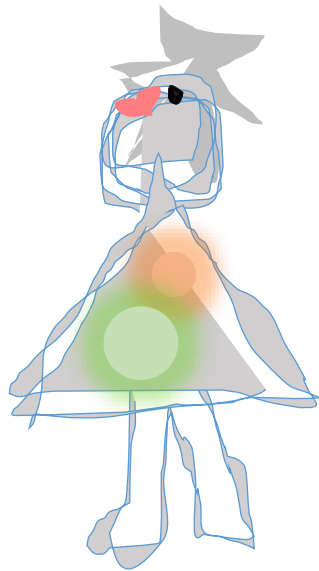
they become sad, passive, their energy is blocked





# Some children feel so alone

they have only a few friends, a few contacts, no interests



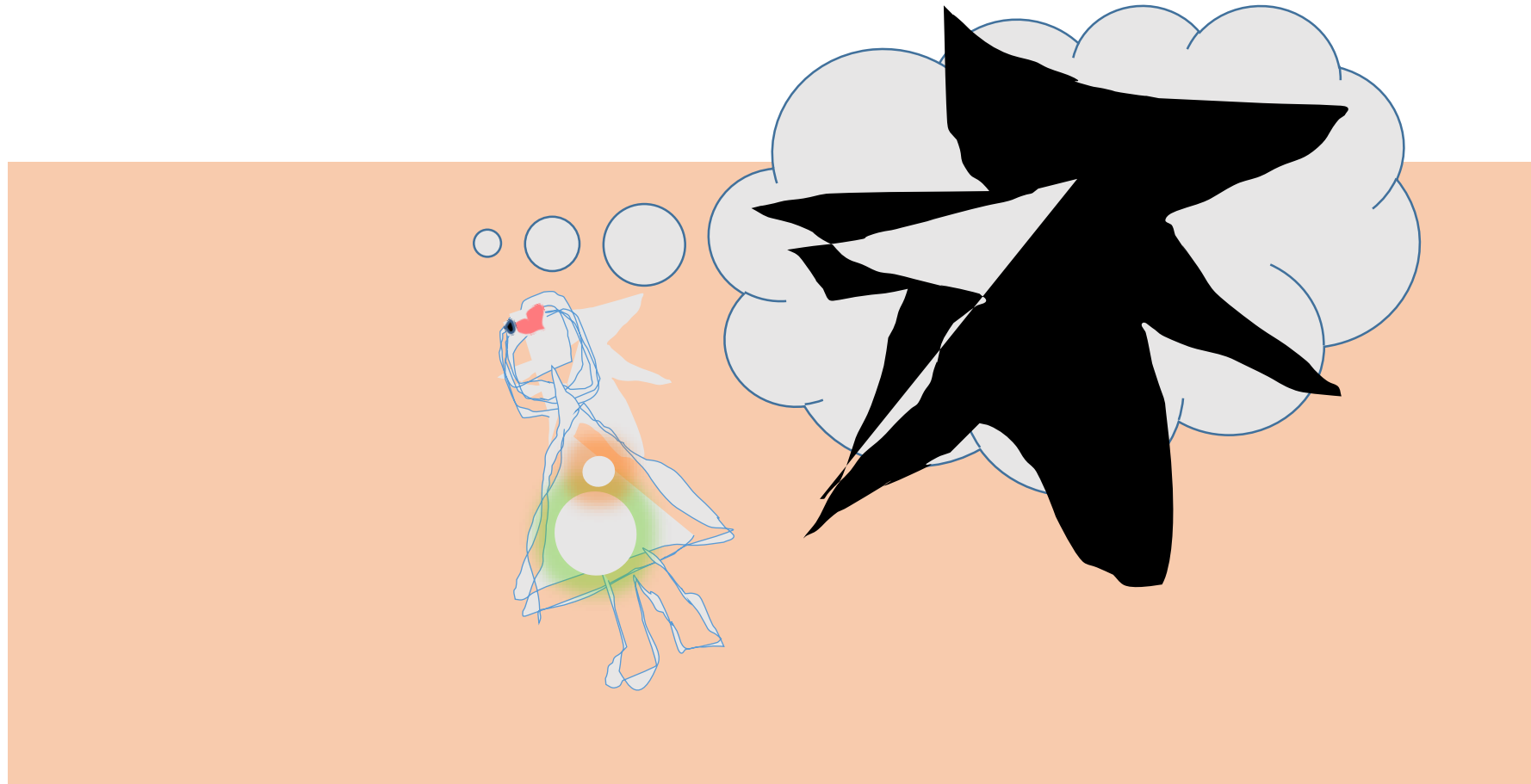
# Some children become aggressive

suddenly they hit others, they break things ...



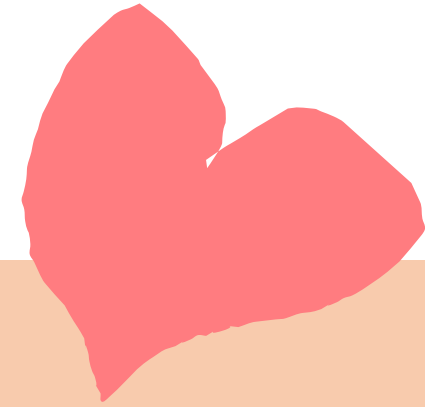
# Some children suddenly have bad memories called flashbacks

they scream, they freeze, they don't know any longer where they are ...



# You can also see other problems:

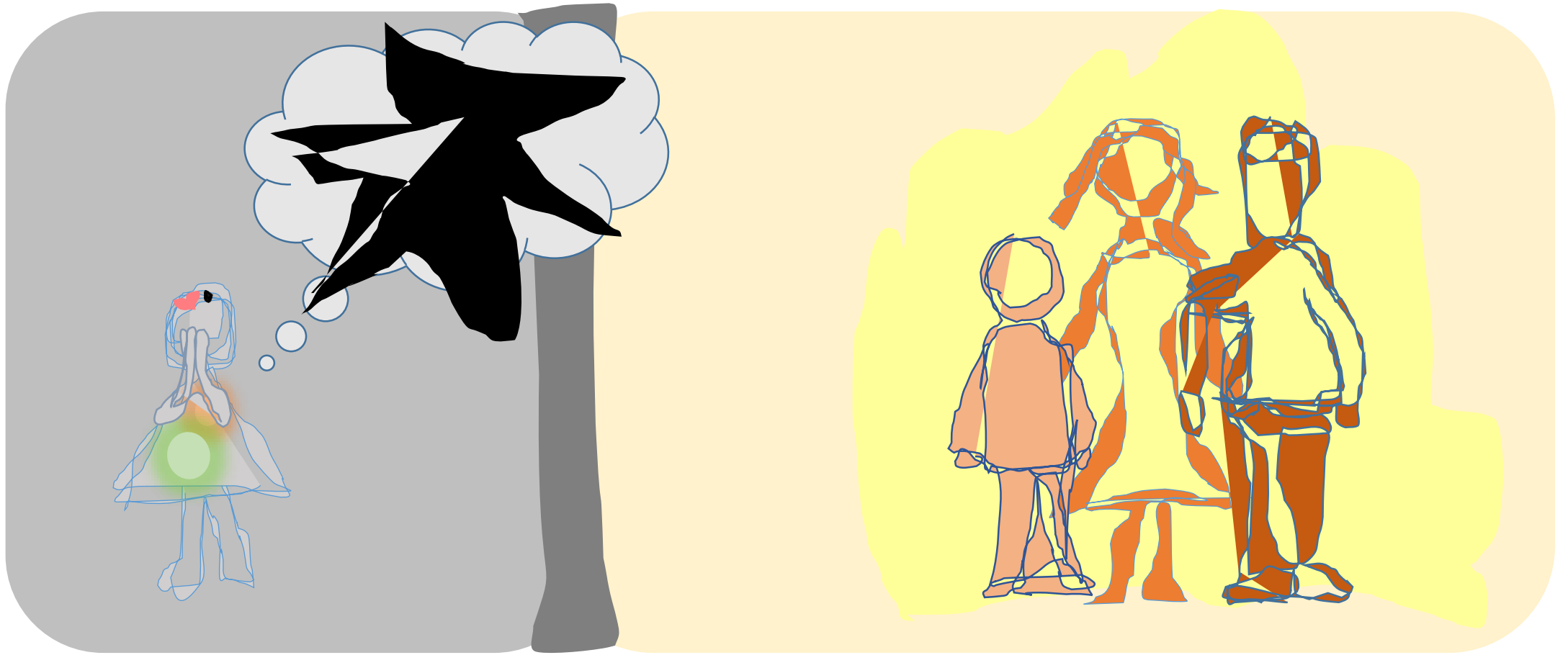
pain, crying, learning difficulties or ..... or .....



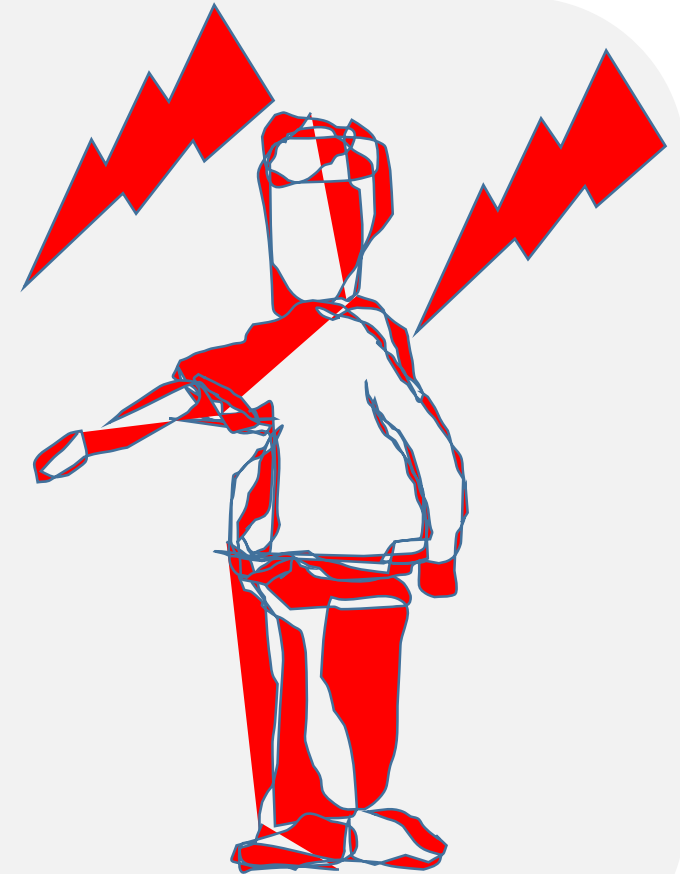
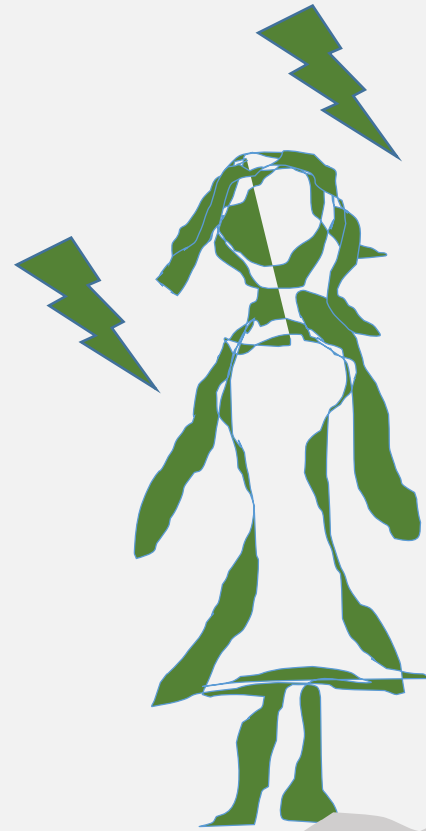
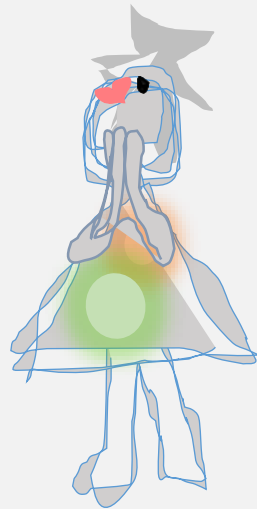
Good to know:  
What makes the children's fear even worse?



# What makes it worse: Leaving the child alone



# What makes it worse: Parents shouting and fighting



# What makes it worse: Watching violence on television or online

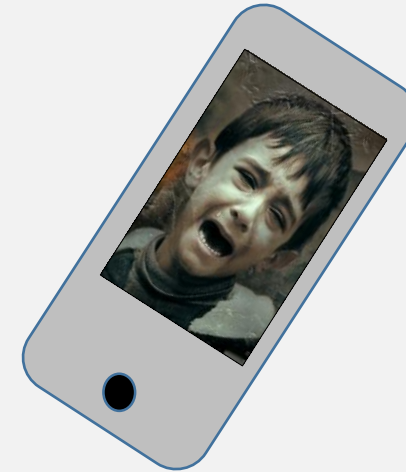
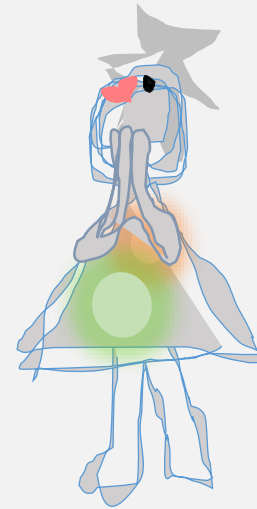
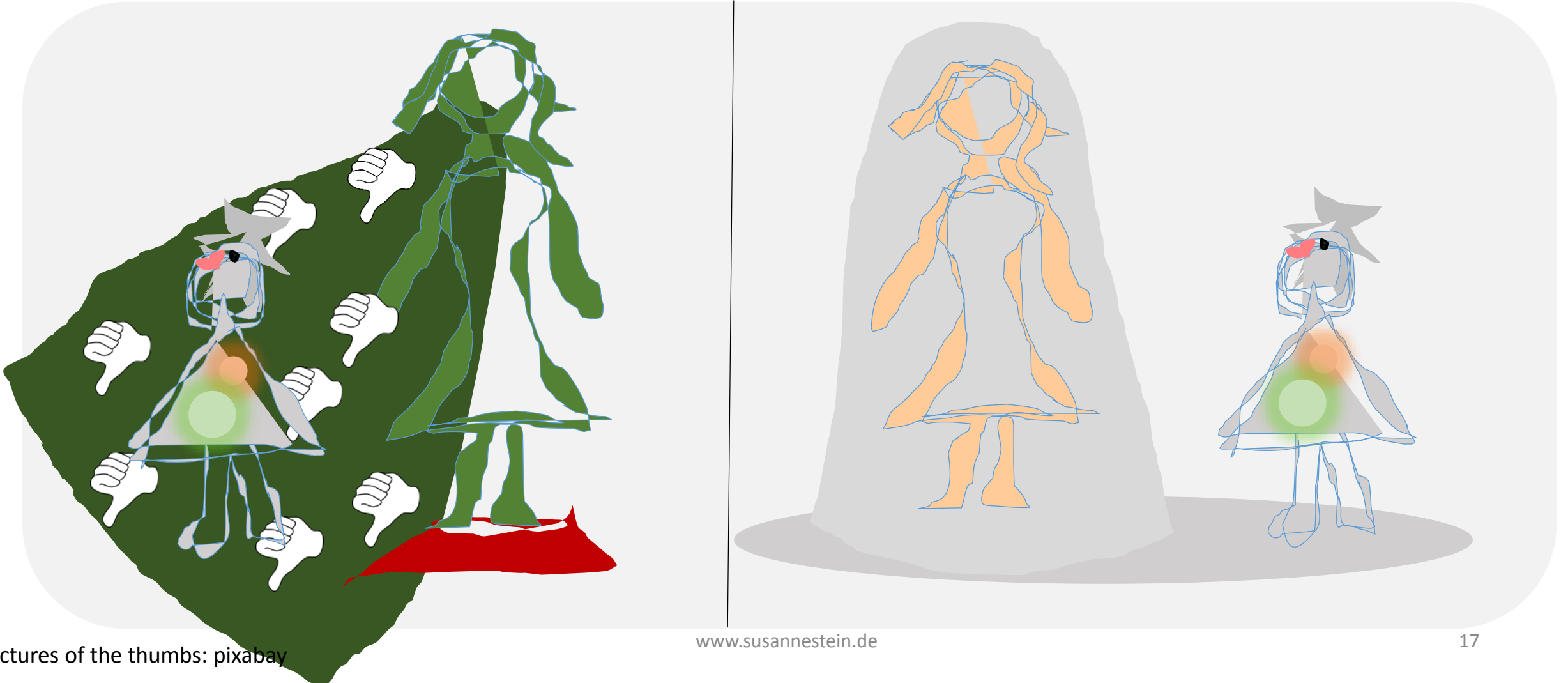


Foto: pixabay



What makes it worse: Parents offending or ignoring the child. This hurts the child

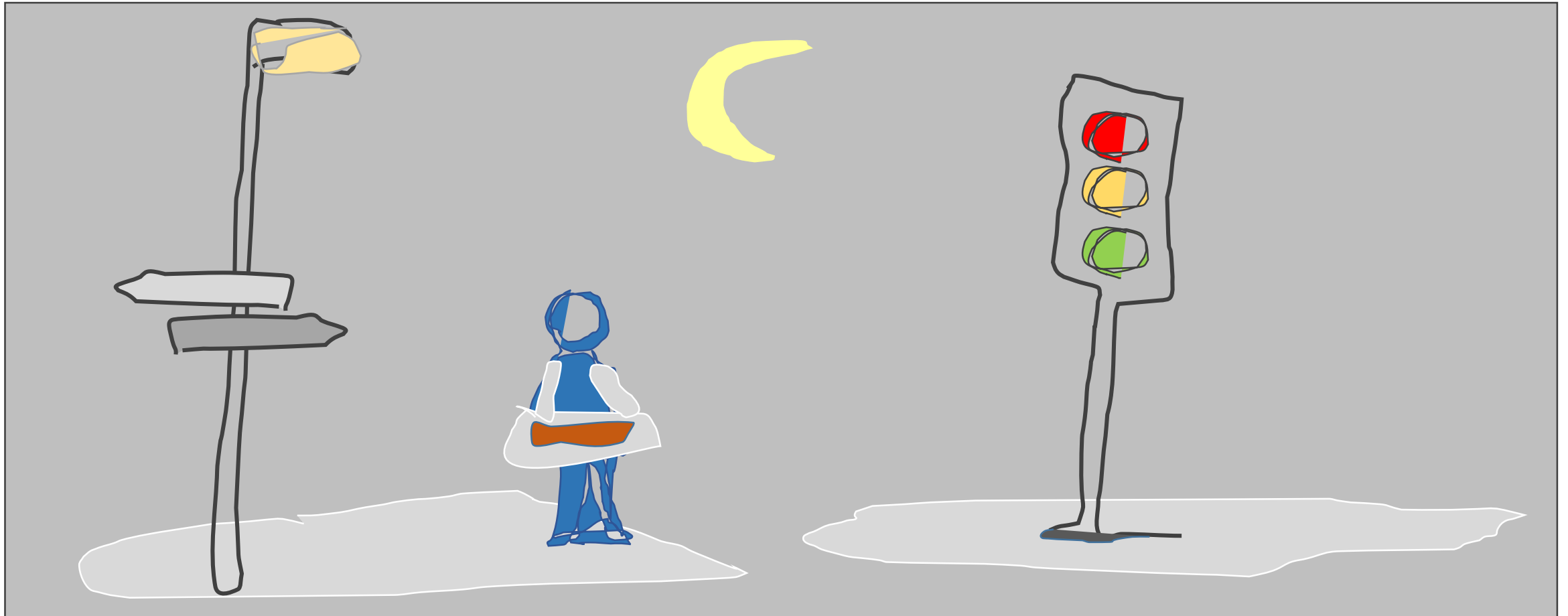


# In no way: Parents or other persons hit the child.

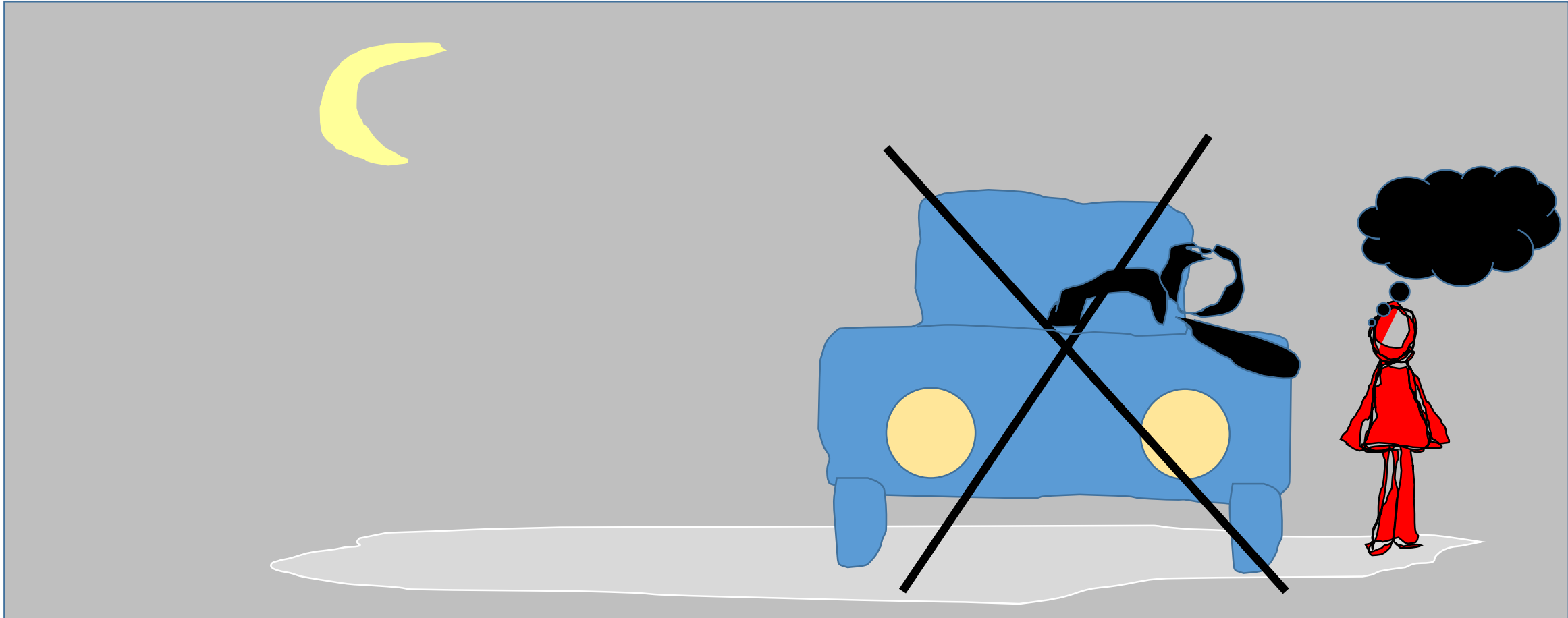
UN-Charta:  
**Education has to  
be non-violent**



Not good for the child's health: Children are obligated to work or to beg



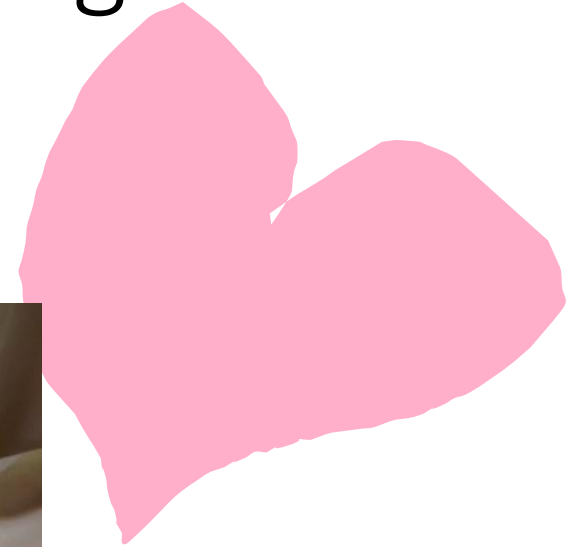
# In no way: Forcing prostitution



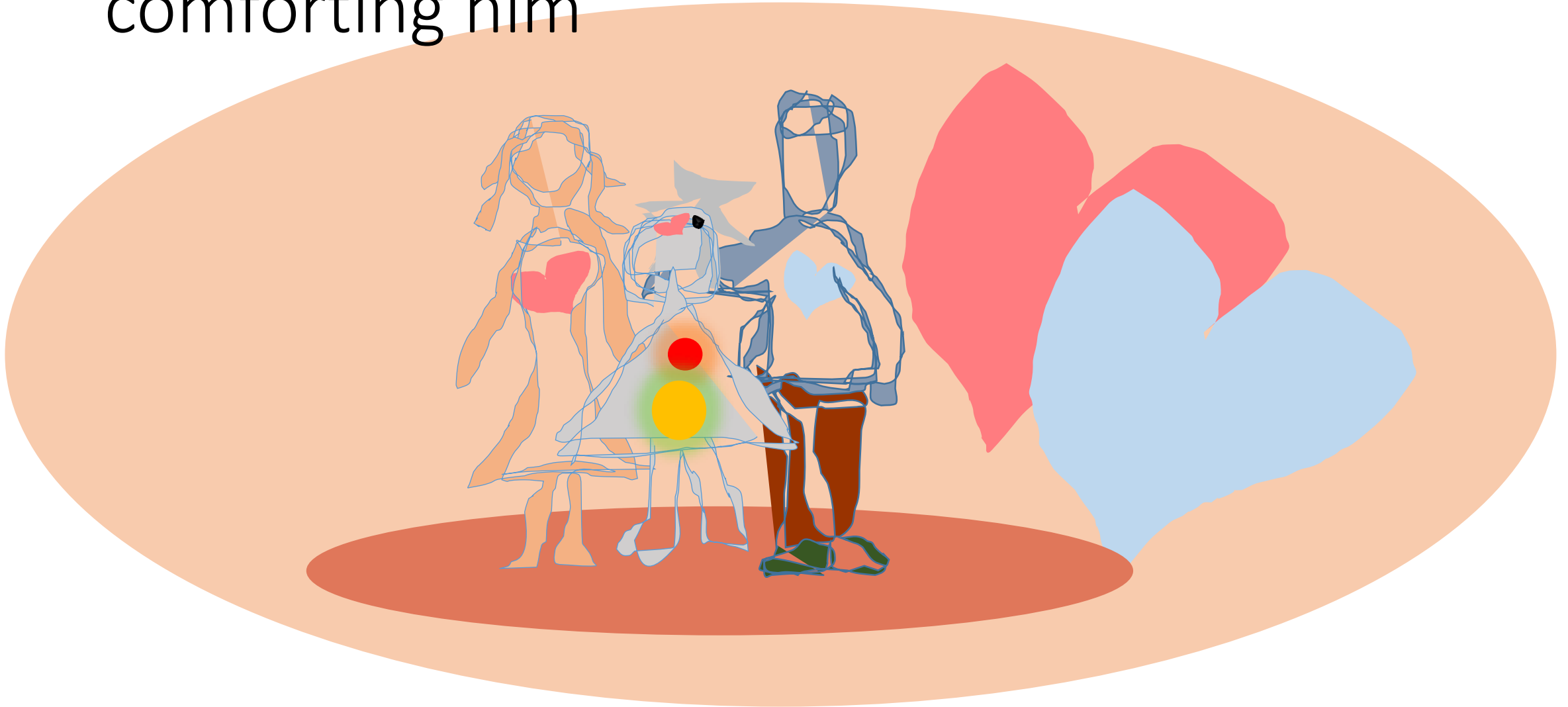
# In no way: Using children as soldiers



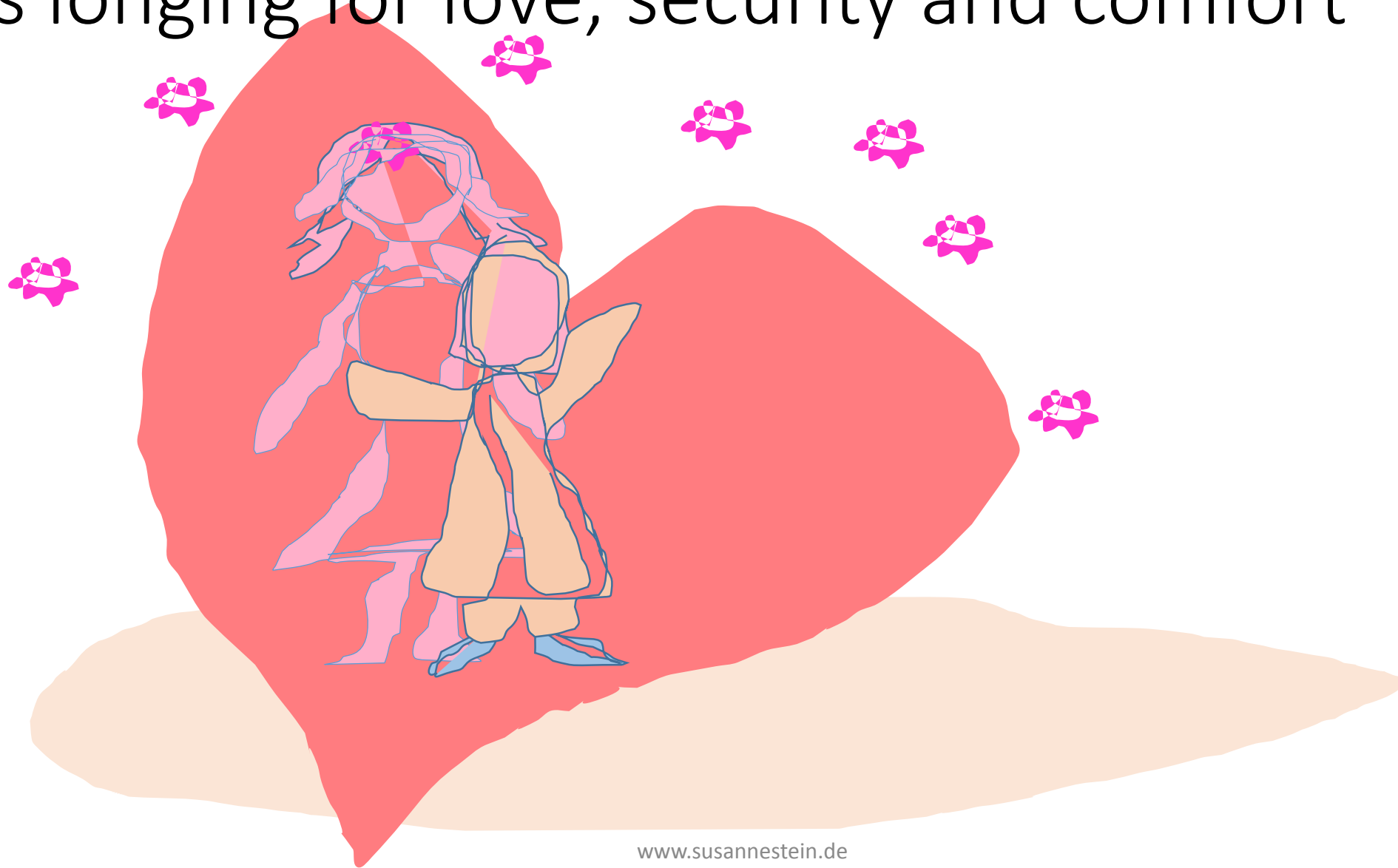
Good to know:  
What can help children to get better  
and stronger



Most important: Understanding the child and  
comforting him

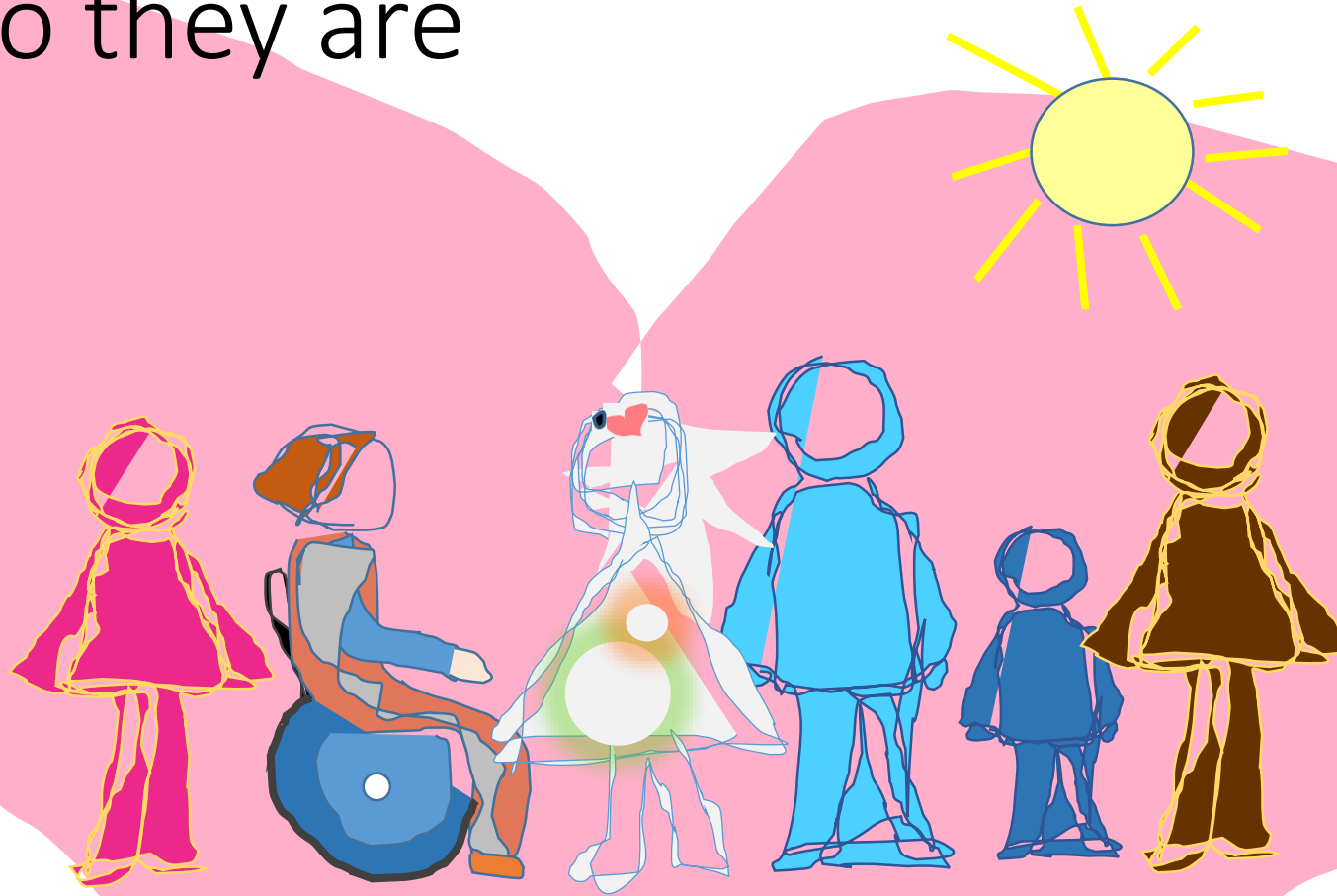


Very helpful: Take the child in your arms when it is longing for love, security and comfort

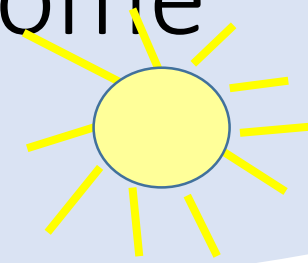
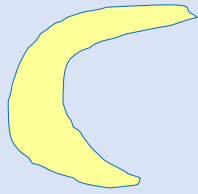




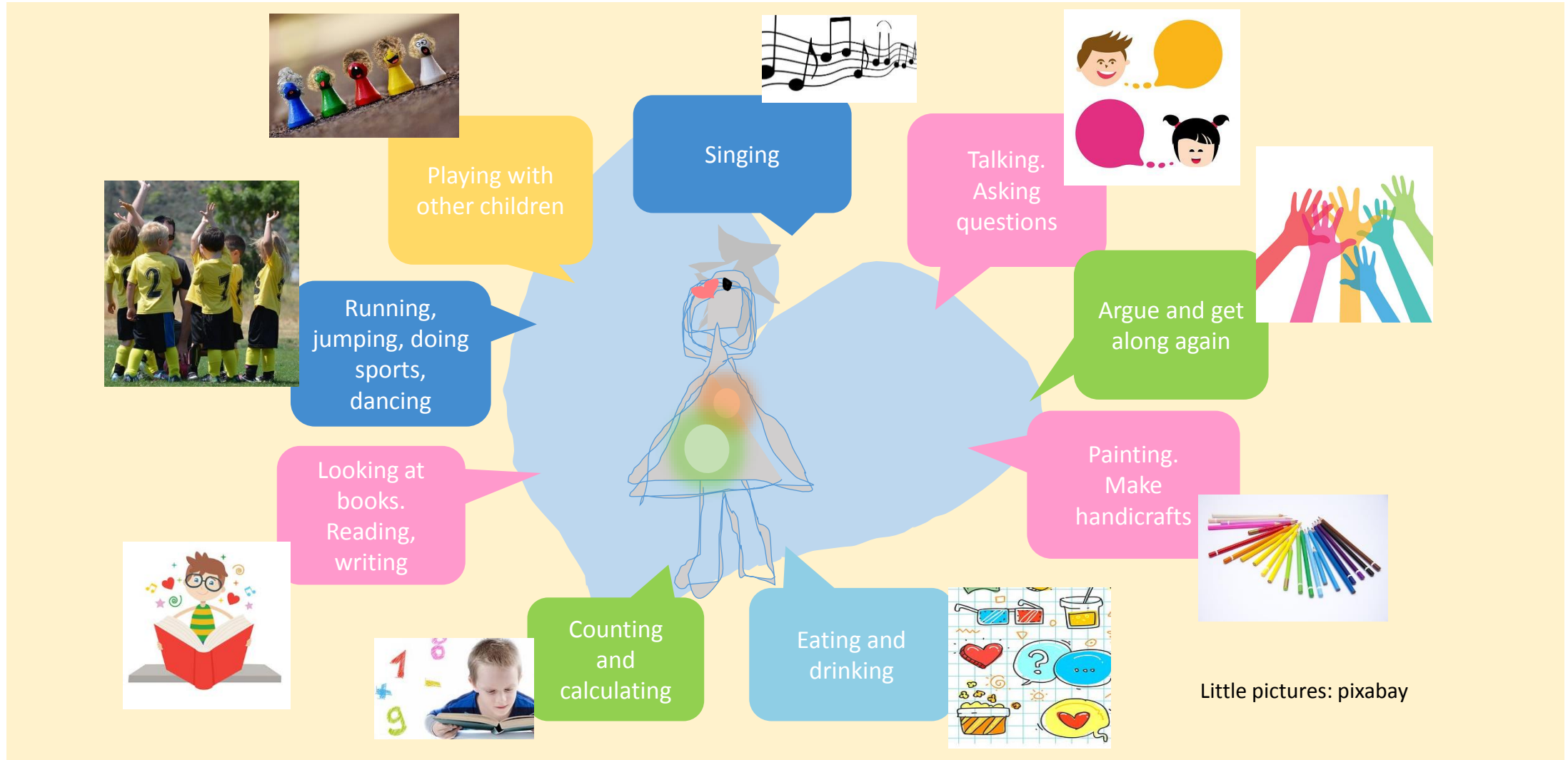
Very helpful: Accept the children and love them for who they are



Very helpful: A safe place, a safe home



# Very helpful: Pay attention to the child's capabilities



Very helpful: Playing and physical activity, being together with friends



# Very helpful: A daily routine during the week



Also helpful: Having fun together, joyful parties



# Helpful after war and flight: Reading the **Trauma Picture Book** alone or together with the child



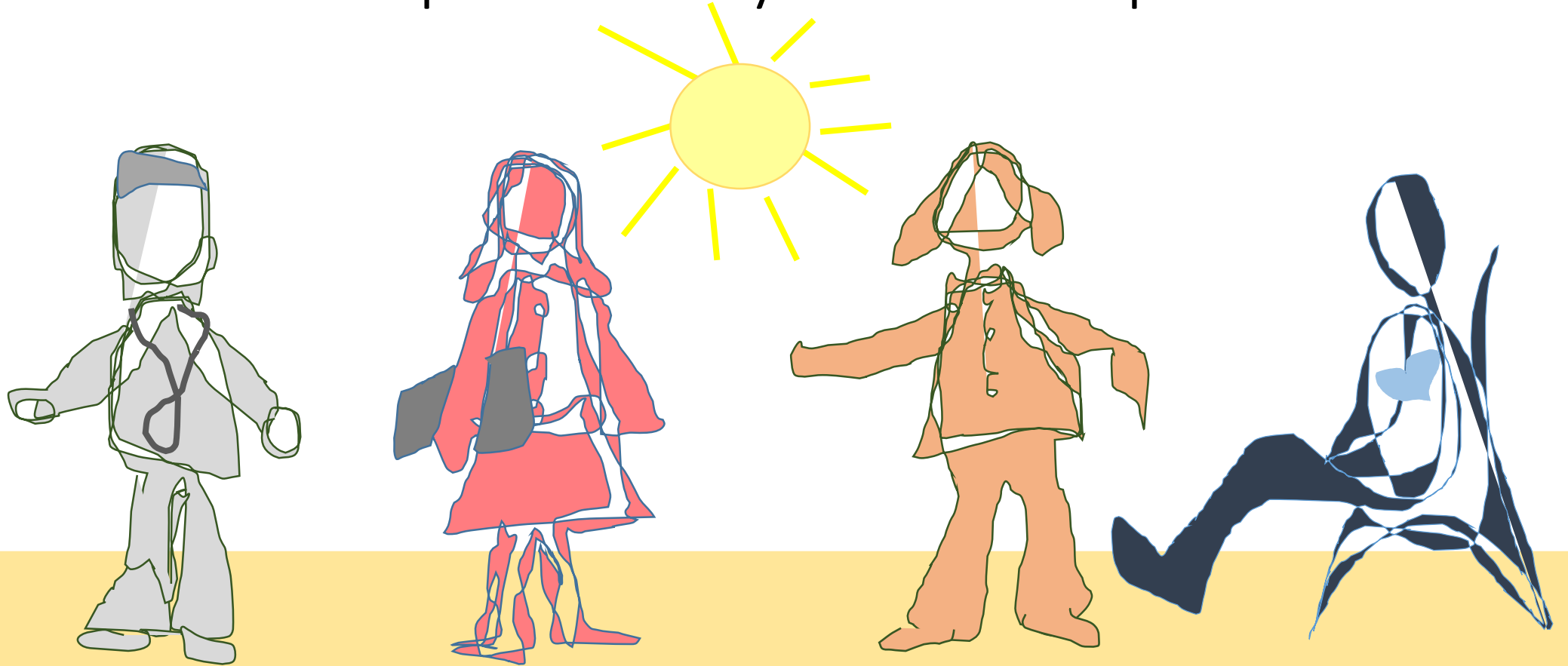
Free download in 12 or more languages on [www.susannestein.de](http://www.susannestein.de):  
Arabic, Dutch, English, Farsi, French, German, Greek, Italian,  
Kurdish, Russian, Spanish, Turkish ...

If you continue to worry about your child ...





Talk to the experts: Doctors, educators, teachers, consultants or therapists until you find help



We wish you and your child a good new life!



# Imprint and acknowledgements



- Idea, text and pictures: Susanne Stein

Educator, teacher, trainer for Theme Centered Interaction (TCI)

Author of a Trauma Picture Book (free download on [www.susannestein.de](http://www.susannestein.de) ) and publisher of information about trauma-sensible pedagogy

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- Published: 2019/2020

