## Signs of Trauma

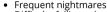
## Infants (Birth - Age 3)

Trauma can have significant impact on an infant's' life, but sometimes it can be hard to spot the signs.









- Difficulty falling asleep
- Sleeplessness
- Loss of appetiteLow weight
- Refusal to eat
- Digestion issuesProblems during feeding



 Loss of developmental achievements (e.g., potty training, speech)
Slower progress in physical, cognitive

 Slower progress in physical, cognitive, or language skills



• Easily startled (e.g., by sights or sounds)

Irritability or fussiness

## **Emotions (feelings)**



**Behaviors** 

- Inability to be soothed or self-soothe
- Aggressive towards self or others
- Persistent tantrums that do not stop after a few minutes
- Reluctance to explore the world



Relationships & attachments

- Fear of separation from caregiver (e.g., clinginess)
- Disengagement from previously trusted adult
- Not seeking comfort when hurt or frightened.
- frightenedAvoidance of eye contact and/or

physical contact

**Note:** While this guide is meant to help you think about potential signs of trauma, it is not meant to be a diagnostic tool or checklist. Remember, these lists are not exhaustive. Individual children may exhibit a combination of signs from different age groups and signs of trauma may vary based on the developmental stage and cultural background of the child.