

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.



Trauma may affect an infant's...

In the following ways...



- Frequent nightmares
- Difficulty falling asleep
- Sleeplessness
- Loss of appetite
- Low weight
- Refusal to eat
- Digestion issues
- Problems during feeding



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



- Easily startled (e.g., by sights or sounds)
- Irritability or fussiness

Emotions (feelings)



- 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

Behaviors



Relationships & attachments

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