

# PSYCHOLOGICAL FIRST AID (PART 2):

*Children often display common reactions when experiencing stress from a traumatic event. Stress in children may sometimes appear very much like the stress of an adult, but can also manifest through other less typical reactions. Recognizing and responding quickly will help to reduce children's stress. Psychological First Aid can be administered by any adult to any child or youth as an acute intervention for the alleviation of stress. It involves observing, inquiring, deeply listening, and responding appropriately.*



## RESPONSES

- Emotional
- Behavioural
- Cognitive
- Physiological

## REACTIONS

- Consider the child's age and developmental level when assessing stress reactions.
- Provide appropriate PFA to support the child in the moment.
- Ask relevant and indirect questions to confirm or redirect attention to the appropriate issue that may be causing stress in the child.
- Recognize when the behaviour of the child goes beyond regular stress and assist in connecting the child to advanced support.

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