

Quick reminders if your patient has been injured:

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## ARe U OK?

1 **ASK** child *and* parent:  
“How are you doing since this happened?”

2 **RISK factors** - keep them in mind.  
**Pre-existing:** Traumatic experiences?  
Behavioral concerns?

**When injured:** Very afraid?  
Separated from parents? Severe pain?

3 **UNDERSTAND**  
**common reactions to trauma.**

- Thinking a lot about what happened
- Trying to avoid reminders of it
- Jumpy or on edge
- Trouble sleeping or concentrating

4 **OFFER** anticipatory guidance.

- Explain normal reactions to trauma.
- Counsel parents to talk with child and listen carefully.
- Encourage child's return to normal activities.
- Acknowledge parent stress.

5 **KEEP IN TOUCH?**

**Consider:** Does this child need follow-up or referral?

FOR THE PRIMARY CARE PRACTITIONER

## Pediatric Injury and Traumatic Stress



**CPTS**

**Center for Pediatric Traumatic Stress**

The Children's Hospital of Philadelphia

A PARTNER IN

**NCTSN**

The National Child  
Traumatic Stress Network

**CH** The Children's Hospital of Philadelphia®  
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