Children's Center
A child abuse intervention center

What should I expect next?

Children's Center works in collaboration with Law Enforcement, Child Welfare, Mental Health, and community support agencies to help support your family. We do the best we can to provide helpful recommendations and resources for you and to get all of your questions answered. Some of the recommendations will be helpful and some may not, but our agency puts careful and respectful thought into making them with your best interest in mind. The other agencies involved make their own decisions about what they require from your family. We are not a part of that process, but will do what we can to help you follow through if you need help. We will routinely follow up with you in a week and again in 6 weeks to check in, if that is o.k. with you. You are also welcome to contact us at any time if you need something.

In the coming days, your child may experience:

- Behavioral changes
  - Increased irritation
  - Difficulties sleeping
  - Increased isolation
  - Decrease in focus and attention
  - Increased opposition
  - Out of character risk taking
  - Fatigue/Lack of energy
  - Changes in appetite

- Emotional changes
  - Increased need for safety/comfort/closeness
  - Changes in desire to do enjoyable things
  - Unexplained moodiness
  - Heightened sensitivity
  - Denial ("I don't care")
  - Increased emotional outbursts
  - Increased anxiety, worries and fear
  - Seem distant or detached from emotion

These are all normal and expectable things that come up after traumatic experiences for victims and caregivers. Support from a trained professional counselor or organized support group is the most effective way to help get through these experiences. The best you can do as a caregiver or family member is to be open and understanding, validate their feelings, pay attention to the changes, supervise and to make sure that your child feels like support is available for them.

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