During the first few days after a traumatic event, it is normal for children to experience:

- Being clingy, whining, and having temper tantrums, especially when being separated from caregivers
- Complaints of stomachache or headaches
- Being withdrawn, aggressive, or agitated
- Worrying about bad things happening again or about other trivial details of daily life
- Going back to bedwetting or thumb sucking
- Difficulty sleeping, fear of the dark and poor concentration
- Having nightmares, re-imagining the traumatic event while playing or repeating the story of what happened
- Increased sensitivity to loud sounds

Call the National Emotional Support and Suicide Prevention Lifeline 1564 in case your children show more severe distress reactions such as being immobile or withdrawn, not speaking or responding to others, feeling disoriented.