

# YOUR EVERYDAY GESTURES CAN HELP A CHILD HEAL.

New research shows that witnessing traumatic events — like domestic violence, shootings, or even fighting — can impact the physical development of a child’s brain. But you can help reverse the effects. In fact, as a caring adult, you could be the most important factor in helping them heal. Here’s what you can do:



## CELEBRATE

Use “put-ups,” not “put-downs.”



## COMFORT

Stay calm and patient.



## LISTEN

Show an interest in their passions.



## COLLABORATE

Ask for their opinions.



## INSPIRE

Expose them to new ideas.

Childhood trauma  
**Changing minds.**



Find more information and helpful tips at [ChangingMindsNOW.org](https://www.ChangingMindsNOW.org)