

Children with IDD and Trauma



Children with IDD

Have a higher risk of experiencing trauma. These children are almost 3 times more likely to experience abuse or neglect. There are other factors such as medical procedures, violence, bullying, social exclusion, and shame which could be exacerbated by factors like increased vulnerability and challenges in communication.

Misunderstood Trauma Responses

Developmental Regressions

Behavioral Changes

Stomachaches

Sleep Disturbances

Withdrawal/Avoidance

Freezing

Separation Anxiety

Lack of Impulse Control

How to Help

Support
Emotional and
Social Well
Being

Let Your Child Express
Themselves

Teach and Model Coping
Skills

Limit Exposure to Re-
Traumatizing Information

Be Patient

Create a Safe and
Predictable
Environment

Establish Routines

Reduce Stressors

Ensure Emotional Safety

Avoid Physical
Punishment

weekly plan

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

How to Help

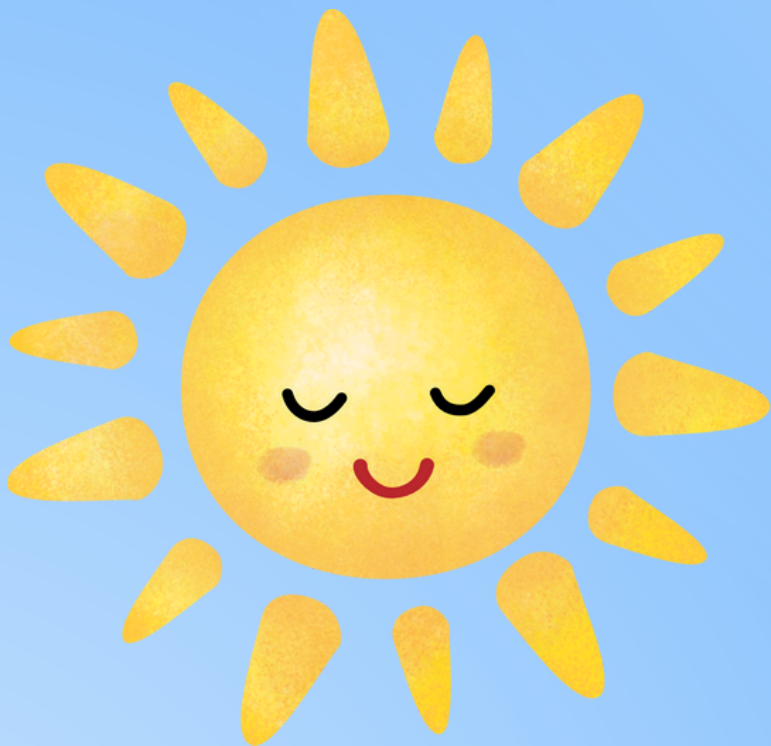
Adapt to their Unique Needs

Be Flexible

Give them a Sense of Control

Use Clear Communication

Keep Them Busy



Seek Professional Support

Talk to Professionals

Find Trauma Informed Resources

Care for Yourself

Resources

National Child Traumatic Stress Network

Nemours Kid's Health

Trauma Informed Practice

18.6% of children with a disability had experienced two or more of the four types of stressful events compared with 6.5% of children without a disability, according to the CDC.

Children with IDD in particular are at higher risk of physical restraint and seclusion tactics, physical abuse, neglect, and sexual abuse. The National Child Traumatic Stress Network estimates that most of these incidents against children with IDD remain unreported.

NCTSN