



Counselor's Corner

Post-traumatic stress disorder (PTSD) is defined as an extreme stress response to a traumatic event that threatens your safety or makes you feel helpless. As our students recover from the effects of Hurricane Ike, we need to make sure that they get help if they are suffering from PTSD.

Symptoms of PTSD in children include fear of being separated from parent, sleep problems and nightmares, somber and/or compulsive play, new phobias and anxieties, aches and pains with no apparent cause, and irritability and aggression.

To help relieve these symptoms, if they appear, you should get your child to explore their thoughts and feelings about the event and help them work through any feelings of guilt or mistrust. Many times, a child's upsetting thoughts about a traumatic event are distorted and irrational. As parents, you can talk to them and get them to look at what happened in a healthier way.