The National Center for Child Traumatic Stress (NCCTS) along with the Federation of Families for Children’s Mental Health produced a tip sheet entitled “Tips for Families on Anticipating Anniversary Reactions to Traumatic Events”. The information presented below was taken from this tip sheet.

Children react to the anniversary of a traumatic event in different ways. The reactions depend on the age and developmental level as well as previous experiences with trauma. Children can demonstrate heightened level of anxiety, aggression and withdrawal. For some, the anniversary can renew concerns about personal safety and fear of recurrence.

**Children who may need special support**

- Children who were directly affected by the event
- Children who have a history of trauma, sudden loss or violence
- Children who tend to be anxious

**How to help**

- Children may not be fully aware why they are remembering and may react with increased distress. They don’t know what is triggering those feelings. Anticipating reminders and teaching children how to recognize and cope with them is beneficial.
- Let children acknowledge the anniversary in their own way. Make yourself available to talk and listen to them when they are ready.
- It’s okay to share your own feelings and concerns.
- Share concerns with teachers or support staff
- If a child’s response (nightmares, recurrent thoughts or fears) are getting worse, consider seeking a referral to a trained and qualified mental health professional