



CopingSpace.org

Resources to Support Children & Families Facing Life-Changing Illnesses & Injuries

A child's life changing illness or injury is a terrifying experience – one with intense emotional impact on the entire family. While everyone's experience is unique, it is common to experience some trauma. *In fact, up to 80% of children and their families experience some traumatic stress reactions following a life-threatening illness, injury or painful medical procedure.* The good news is outcomes can be improved through stress reduction and better coping strategies.

We're Here to Help!

Designed by Ryan's Case for Smiles in partnership with PTSD experts at The Center for Pediatric Traumatic Stress, **CopingSpace.org** offers valuable, research-based information for caregivers, schools, and the community surrounding a sick or injured child. There you will find tips and strategies to help families cope with diagnosis, treatment and recovery, while building resiliency for the future.

Topics include:

- Warning signs of PTSD
- Age-appropriate explanations and coping strategies for children
- Siblings' unique experience and needs
- Reducing stress during doctors' visits
- Managing meals and family needs



**Helping kids and their families
heal better to feel better.**



KIFIA.ORG thanks Case for Smiles for sharing these resources with our community.