



# Developmental Responses to COVID-19 Trauma

## 3– to 5-year-olds

- ◆ Increased need to experience safety
- ◆ Increased need for play (outlet to reduce stress & promote connection)
  - ◆ Unusually controlling or aggressive
    - ◆ Strong reactions to frustration
    - ◆ Difficulty with transitions
- ◆ Physical symptoms (Vomiting, stomach aches, headaches, bedwetting)
  - ◆ Misinterpretation of facial expressions/body language
    - ◆ Short temper, tantrums
    - ◆ Excessive worry, fearfulness
    - ◆ Hyperarousal at sleep time
  - ◆ Difficulty learning new skills (potty-training, etc.)
  - ◆ Increased need for “Serve and Return” interactions
- ◆ Increased need for face-to-face connection with parents/caregivers
- ◆ Need for age-appropriate communication about COVID-19 pandemic
  - ◆ Need for predictable routines to promote sense of security
    - ◆ Need for help managing “big feelings”