

Every year millions of children are injured. Most do well. For some, an accident or injury can lead to more than everyday stress reactions—traumatic stress can get in the way of recovery.

AfterTheInjury.org is an award-winning website developed by researchers and clinicians to help parents and children recovering after an injury.

If your child has been injured, learn about what to expect, common reactions in children, and things you can do to best help your child.



Visit [www.AfterTheInjury.org](http://www.AfterTheInjury.org) to:

- Get **information you can use**, check out **quick tips**, and find links to more **resources**.



- Create a **personalized Care Plan** to help you help your child.
- Print or save your plan, or email it to yourself or others.

