

COULD EMDR HELP YOUR CHILD?

Signs That Your Child Might Benefit From EMDR



Sleep Changes



Clinginess



Big Reactions
to Small Things



Sudden Drop
in Confidence



Sleep
Difficulties



Avoidance



Irritability or
Frequent
Meltdowns



Trouble moving
past upsetting
events



Significant
Worrying



Perfectionism



<https://www.emdrforkids.com>

