



Trauma in the long term can affect children's self-esteem.

Many children suffer acute anxiety when in public places. Others may have symptoms such as difficulty in sleeping, poor concentration, irritability, aggression, loss of appetite etc. Post-traumatic stress disorder is a psychiatric condition that can be triggered after experiencing or witnessing a life-threatening event, from military combat to terrorism, natural disasters and personal assaults.

After an event, daily life can be marred by nightmares and flashbacks, difficulty sleeping and emotional withdrawal.

Increasingly, behavioural problems are emerging at schools. With every new terror attack, past traumas are relived and this raises the question of the responsibility of the state not to take it lightly that children are exposed to terror trauma.

In the long term this can affect children's self-confidence and self-esteem, their relationships and their ability to progress in life.

Understandably, many children feel

confused, upset, and anxious. Children ask lots of tough questions, but questions about terrorism or war are some of the hardest to answer. Especially when TV channels provide immediate and graphic details, parents and professionals are in a quandary about how much information to provide.

Parents may have difficulty in explaining terrorism and suicide bombings and why, despite having such a large army and being a nuclear power, we have not been able to solve the problem.

Although difficult, it is important to have an open dialogue with children. This gives parents an opportunity to help their children feel more secure and understand the world and the society in which they live.

According to the American Academy of Child and Adolescent Psychiatry, "adults can help by listening and responding in an honest, consistent, and supportive manner.

Most children, even those exposed to trauma, are quite resilient. Like most adults, they can and do get through difficult times and go on with their lives. By creating an open environment where they feel free to ask questions, parents can help them cope and reduce the possibility of emotional difficulties."