

EMDR can make you feel better about yourself.

When the bad feelings and thoughts go away you will feel much happier.

EMDR can do lots of things like help you want to play again, or help you sleep better.

It can do lots to make you less angry or scared, and just think how good you would feel if the bad thoughts started to go away.

IS IT NICE?

It's not nice to think and talk about the bad things, but it helps you change your feelings, and after a few times you start to feel better.

You must be strong for that, and you need help from mum and dad or your foster family or someone you trust

David said, "I know it is not my fault now. I am not a bad person."

Tory said. "It really helped me, I feel lighter and more happy now"



contact



WHEN INDIGENOUS KIDS HURT

a brochure for kids

LOTS OF KIDS HAVE BAD THINGS HAPPEN

Kids sometimes have bad things happen in their life like seeing mum and dad fighting, or being hurt.

What if you got hurt yourself? That is a bad thing, and it's real bad when you feel all alone without your family to help you.

When you think about the bad things this can make you feel bad too.

Some children don't feel like playing anymore. Others can get angry and might start hitting their friends

Memories are different for some kids.

Some kids daydream and cannot listen to the teacher at school, while others forget things or lose time. Then other kids do things they don't want to do and they don't know why. They say their brain just went funny.

It can be really tough if you are one of those kids who have bad dreams. and it is also hard for the ones who feel afraid all the time

Do you know that some kids don't feel anything in their bodies, not even pain?

It's tough when kids think it is their fault or they feel they are stupid or bad. Most kids don't want to think about bad memories but they can pop into your mind even when you don't want them to.

WHAT CAN YOU DO?

Doing things like fishing, camping, sports, or playing football can help you not to think about it, but the bad feelings usually come back after that. Yarning about what happened with your family or with people you trust can help to make the bad feelings go away. Drawing about it can also help but sometimes that does not help.



WHAT CAN YOU DO WHEN THOSE THINGS DON'T HELP.

You can go to someone outside the family to help you. Do you know that some people go to a special school just to learn how to help hurt kids feel better. You might not know but these people are called therapists. They can help you with EMDR.

EMDR means that you talk and draw about the bad things with the person who learned to work with kids to make them feel better. These people help your brain to change your feeling by doing an exercise. You make your eyes work hard by looking at a coloured light that the therapist moves, or at the therapists moving fingers. There are other ways too can make your ears work hard by listening to a sound in your left ear and then in your right ear. Or you can make your muscles work by feeling the therapist tapping on your knees or hands. When you do the exercise and you think about the bad things, the feelings inside you start to change.

The therapist does not know you, so first he or she will talk to your family or to someone who takes care of you, and together they will plan to help you.

Some kids come alone and some come together with an adult they trust.