

Burns Team Contact Details

For more information about any of the services please contact a member of the Burns Team.

Burns Unit
Tel: 0151 252 5400
Open 24 hours seven days a week

Occupational Therapy Dept
Tel: 0151 252 5453
Open Monday-Friday
9.00 am-5.00 pm

Physiotherapy Dept
Tel: 0151 252 5236
Open Monday-Friday
9.00 am-5.00 pm

Psychology Dept
Tel: 0151 252 5586
Open Monday-Friday
9.00 am-5.00 pm

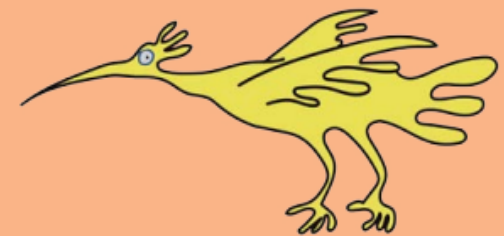
This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

Burns Unit

When something scary happens

Information for children



When something scary happens

Really scary things can happen to anyone. This could be getting hurt, being in an accident, or being really poorly.

It can make us feel sad, upset, frightened, angry, and lots of other things. This is normal and it's okay to feel like this.



Sometimes we can feel like this for a few weeks after the scary thing has happened and sometimes we can feel like this for longer.

After something scary has happened we might...

- Feel jumpy or worried, and find it hard to sleep
- Have nightmares or scary dreams
- Sometimes we might see pictures, hear sounds, or smell things that remind us and can make us feel like the scary thing is happening again
- Feel like it was our fault



- Try to stay away from places or people that remind us of what happened
- Try to forget what has happened
- Notice that things happen in our bodies like:
 - Having sore muscles
 - Get headaches
 - Having an upset tummy
 - Feeling our heart beating really fast

Things that can help

Talk to an adult you trust - like mum, dad, doctor, nurse or teacher about what happened and how you feel.

Spend time with family, friends, and pets.



Try to get lots of sleep. If it's hard to sleep, let someone in your family know.

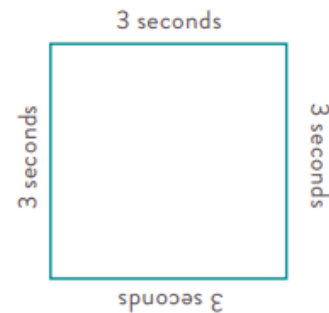
When you feel ready, go back to school (even if it feels scary at first).

Square Breathing

Imagine a square in front of you. It's sides are 3 seconds long, like this:

Starting at the top left corner breathe around the square.

- Breathe in for 3 seconds
- Wait for 3 seconds
- Breathe out for 3 seconds
- Wait for three seconds



If you feel like the scary thing is happening again

Stamp your feet, jump around, dance, or clap your hands to remember where you are now.

Think of all the colours, shapes and people you can see in the room. Think of all the sounds you can hear too.

Remember you are safe, the scary thing is not happening now.

Things that have helped me

Write in the box all the things that help you when you're feeling scared or upset