



Cohen Veterans  
Network



# WARNING SIGNS

Indicators that your child / teen may benefit from seeing a therapist

- uncommon changes in mood or behavior
- development regression (e.g. bed-wetting)
- sleep problems
- excessive worry
- anger
- decrease in interest in favorite activities
- risk-taking behaviors in teenagers (e.g. experimenting with drugs or alcohol)

## FIND CARE

**COHEN VETERANS NETWORK** provides mental health care to military families, children and teens. Cohen Clinics can help children with a number of concerns including: limited focus/attention, grief/loss, life adjustment, anxiety, depression, self-harm, and suicidal ideation.

LEARN MORE  
[cohenveteransnetwork.org/militarykids](https://cohenveteransnetwork.org/militarykids)



# CHILD THERAPY: TIPS FOR PARENTS

- Attend to therapy sessions as needed
- Be open-minded to empathizing from a child's point of view.
- Learn concepts of childhood development and attachment
- Be open to learning new ways to communicate and to deal with conflict
- Say "I love you" more
- Hug more
- Play more
- Give yourself a break



# CHILD THERAPY: WHAT TO EXPECT

- 1** Both parents and children talk to the therapist about challenges the child is facing
- 2** Therapists collaborate with parents and children to outline specific goals
- 3** Therapists employ creative means to engage children (often play / art therapy)
- 4** Children will learn tools & skills to help cope with challenges they're facing
- 5** Therapists work with parents to promote lasting changes for their children