



## What to Expect Next

*Children who have been interviewed react in different ways.*

Some children feel relieved. They are glad the interview is behind them. They may feel more comfortable now that it's over. Other children may feel uncomfortable. Talking may trigger stress symptoms. Children may also worry about what is going to happen next. Please let us know if you see any of these signs of stress in your child after the interview:

- Changes in eating (changes in appetite, upset stomach)
- Changes in sleeping (nightmares, can't fall asleep, stay asleep, can't sleep alone)
- Changes at school (trouble concentrating, avoids school, grades dropping)
- Emotional changes (fearful, clingy, grumpy, angry)
- Behavioral changes (withdrawn, risky or sexually inappropriate behavior, nervous)
- Changes in thinking (blaming or self-blaming, flashbacks)

## How Safe Spot Can Help

*We offer services for **you** and **your child**.*

- Counseling for you and/or your child
- Information on the status of your investigation
- Advice on what to expect next with your child
- Referral to needed services including medical evaluation
- Help with victim impact statements, restraining orders, and other court documents
- Tools to help you and your child cope with stress
- A listening ear and a voice for you and your child

**Please contact us anytime.**

**We are here to help!**

Safe Spot Office: (336) 838-9169

Child & Family Advocate Cell: (336) 927-1809

[www.safespotwilkes.org](http://www.safespotwilkes.org)