

# Talking about Injury as a Family

Talking about injury as a family is an important part of the healing process. Children and adults need to know they can share their feelings and ask questions without judgement. Talking about injury as a family supports emotional processing and strengthens family connections.

Setting the stage for family conversations can be as important as the conversations itself. Find a time and place where everyone can be comfortable and without distractions. If individuals are exhausted or hungry, that is not the time to start the conversation. Remember, talking about injury is hard. Your family may want to have one big discussion, or to spread it out over several smaller ones.



## Tips for Family Discussions

- Use simple and clear language that everyone can understand
- Be truthful without overwhelming when it comes to injury and the impact it may have on the family, such as changes in routine, finances, or responsibilities
- Discuss the type of support you need individually and as a family, such as listening, helping with tasks, or being present
- Listen to concerns from each other without correcting or dismissing
- Revisit the conversation regularly as the recovery journey changes



Join the Trauma Survivors Network

