

10 Things you should know

- What is Trauma? Trauma is any experiences or transition that effects ones functioning
- Trauma effects how a child learns, how they act and feelings of safety
- Trauma responses often look like tantrums, defiant behaviors, yelling, verbal and physical aggression
- Make statements ensuring and enforcing safety whenever possible “Lets stay safe friend.”
- Using a calm and soothing tone can help regulate a child who has experienced trauma
- Attempt to respond to every interaction in love
- Speak to a child their physical level whenever possible
- If you are unsure how to respond please consult with a PL staff member
- Healthy structure is important and reinforces safety
- Be playful whenever possible