

5 TIPS FOR PARENTING CHILDREN WHO HAVE EXPERIENCED TRAUMA

1

ROUTINE IS ESSENTIAL

MAINTAIN A SCHEDULE

- Bedtime/ Awake Time
- Family Together Time (Discussions, Games, Art, Etc.)
- Exercise
- Screen Time
- Academics (if school requires)

2

SET THE TONE

- Take care of yourself first
- Be aware of your own stress and what anxieties you are passing on
- Have your own ways of self-regulating

3

CONNECT WITH THEIR NEEDS

TELL THEM THE TRUTH ABOUT WHAT'S HAPPENING

- Do this on a level that doesn't cause more fear
- Make sure you communicate to them in the way they best receive information
- Take into consideration that this may bring on feelings that they have had from past experiences
- When they respond, take them seriously. Don't jump to conclusions, listen intently, and get physically on their level.

4

TRIGGERS

- Identify what upsets them
- Avoid what upsets them
- Don't take the child's behaviors personally – it's not about you
- Don't hover – stay available and responsive, but allow them to have breathing room

5

ASK FOR HELP

- We live in community
- Help may take different forms
- Use your resources
- Seek professional support from a therapist who specializes in trauma - [click here](#) to access our 4KIDS referral form