



Helping Children Through Trauma-Informed Parenting

“The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love.”

– Dr. Bruce Perry

- 1 Understand trauma's impact on your child.** With this as a foundation, identify ways to help children develop new, positive coping skills.
- 2 Help your child feel safe.** Reassure them by creating a structured, predictable environment. Talk about what you've done at home and what the school is doing to keep them safe.
- 3 Help your child understand and manage overwhelming emotions.** By providing calm, consistent, loving care, you set an example and teach children to define, express, and manage their emotions.
- 4 Help your child understand and manage difficult behaviors.** Help them see the links between their thoughts, feelings, and actions, and to take control of their behavior.
- 5 Advocate.** It takes a team of people and support to help your child recover from trauma. You are a key part of this team. Help ensure efforts are coordinated and help others to view your children through a trauma lens.
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