



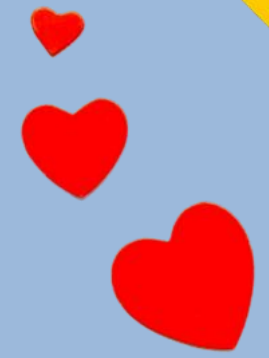
# UNDERSTANDING THE EFFECTS OF TRAUMA

Week 4

## CREATING SAFETY



NCTSN





# BUILDING SAFETY

- Safety is an essential element of trauma-informed parenting
- To become resilient – or repack that suitcase – children must have a sense of safety
- Set the stage for resilience by building a safe place





# WHAT IS SAFETY?



## Physical Safety

being safe from physical harm or causing harm, injury, or loss



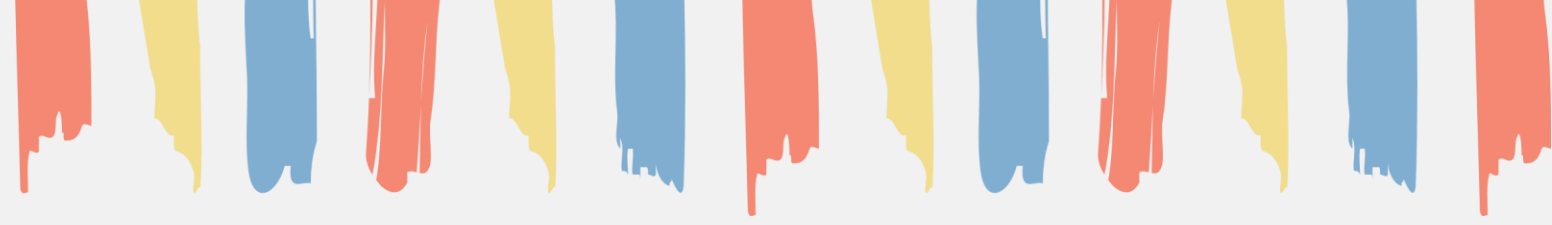
## psychological safety

deep internal feeling of safety



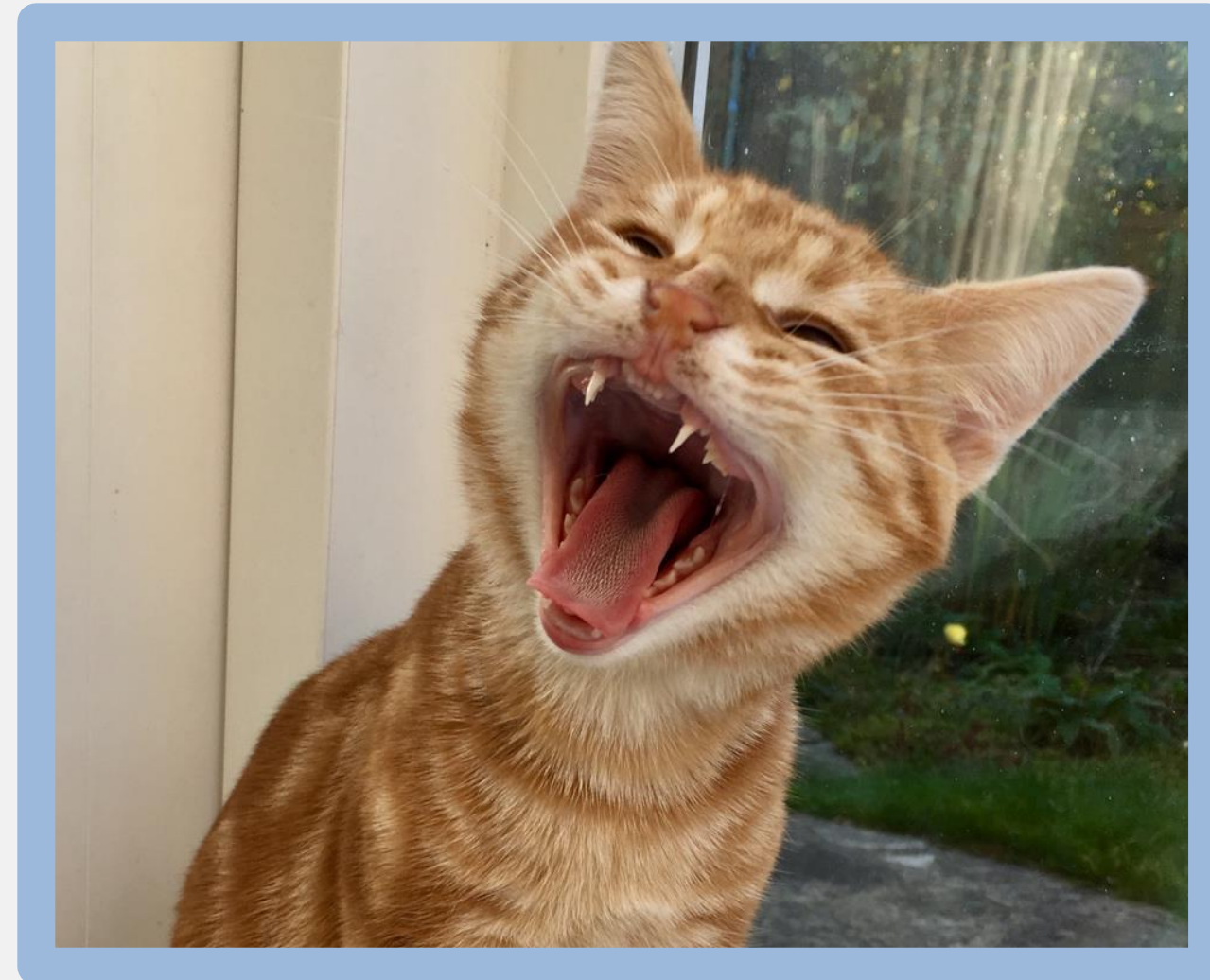
## Emotional safety

occurs in relationships and allows us to be open and vulnerable



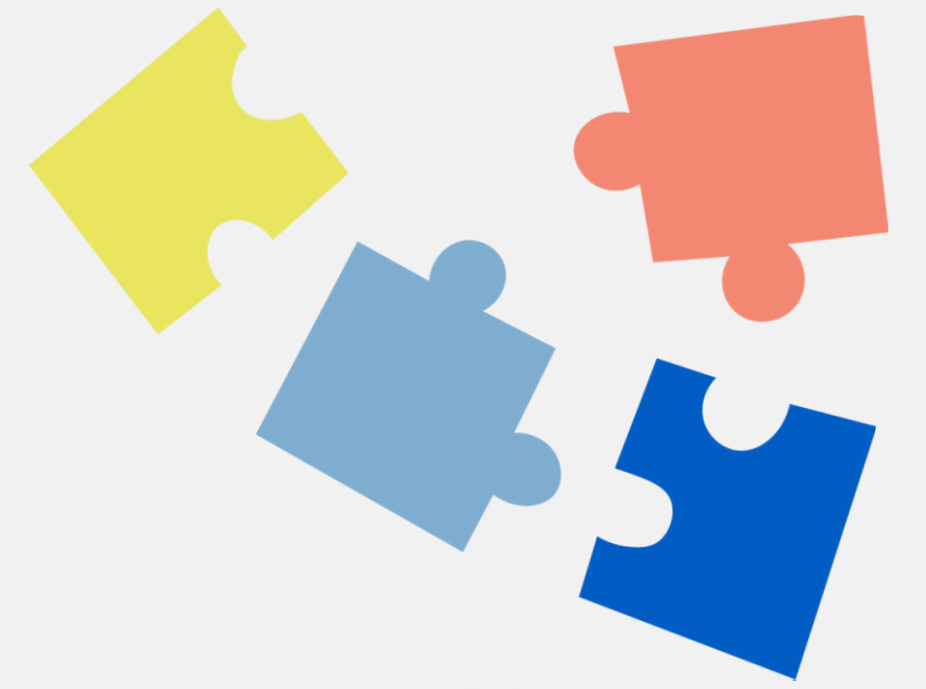
# USING YOUR TRAUMA LENS

## PERCEPTION VS. REALITY



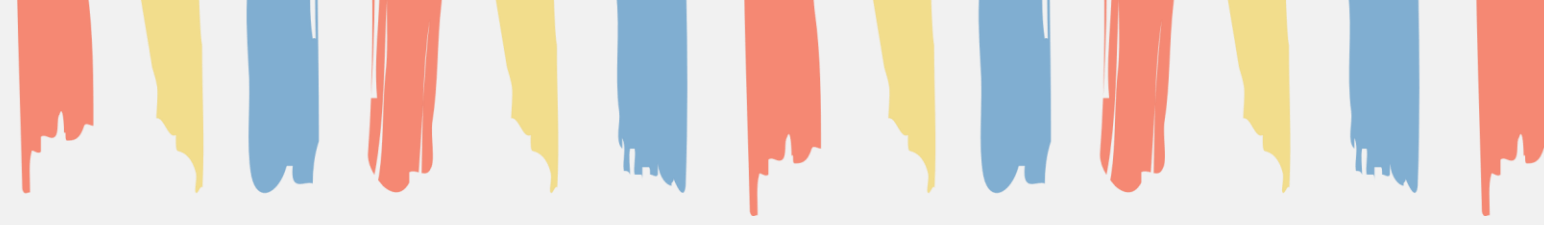


# BE AN EMOTIONAL CONTAINER



NCTSN  The National Child  
Traumatic Stress Network





## SOUNDS GREAT, BUT HOW?

- Be willing—and prepared—to respond to strong emotional reactions.
- Remember their suitcases & our own.
- Respond calmly.
- Help your child identify and label their feelings.

Reassure your child that it is okay to feel any and all emotions.



WHAT I REALLY NEED IS . . .

# "I" STATEMENTS

I FEEL

---

BECAUSE

---

WHEN

---

WHAT I  
NEED IS

---





# TRAUMA REMINDERS

**People, situations, places, things, or feelings that remind children of traumatic events:**

- May evoke intense and disturbing feelings tied to the original trauma
- Can lead to behaviors that seem out of place, but may have been appropriate at the time of the original traumatic event



# EMOTIONAL HOTSPOTS



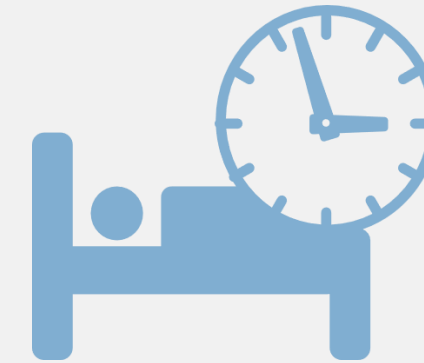
## MEAL TIMES

refusing to eat,  
over/under eating,  
hoarding food



## PHYSICAL TOUCH

bath time, grooming,  
physical touch, privacy,  
medical exams



## BED TIME

challenging behaviors  
before bed, trouble  
sleeping/staying  
asleep, nightmares,  
difficulty getting up

## HOW DO I RESPOND?

- validate feelings
- respect privacy and boundaries

- develop routines
- ask consent before touch



# COPING WITH TRAUMA REMINDERS

## WHAT PARENTS CAN DO:

- Pay attention to when, where, what
- Ensure safety
- Reorient
- Reassure
- Define what's happened/happening
- Respect and normalize the child's experience
- Differentiate past from present





# COPING SKILLS

Everyone is different, and what works one day may not work the next. Encourage your child to try lots of different coping strategies to help them find what works best for them.

The options are endless, but here are some ideas:



**BE ACTIVE**



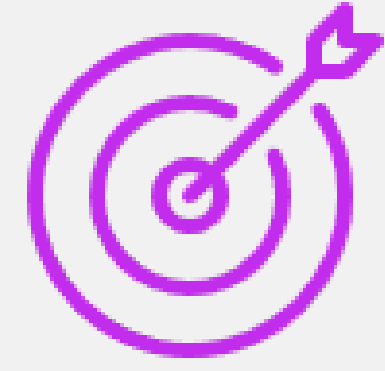
**FIND YOUR CALM**



**GET CREATIVE**

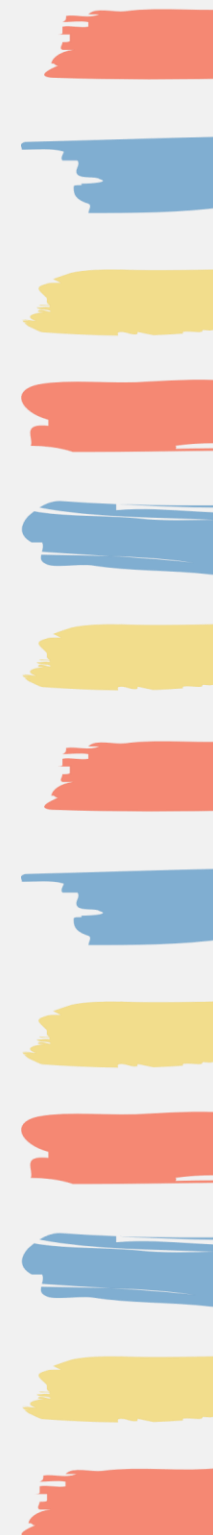


**CONNECT WITH OTHERS**



**SHIFT YOUR MINDSET**

 <b>Be Active</b>	 <b>Find Your Calm</b>	 <b>Get Creative</b>	 <b>Connect With Others</b>	 <b>Shift Your Mindset</b>
Put on music and <b>dance</b>	Take some <b>deep breaths</b>	Color, draw, or <b>paint</b>	Cuddle or play with your <b>pet</b>	Think of something <b>positive</b>
<b>Build</b> with Legos or blocks	Listen to music or <b>sing a song</b>	Play with <b>Play-Doh</b> or sand	<b>Read a book</b> with someone	Focus on one thing you're <b>grateful</b> for
Do <b>jumping jacks</b>	Close your eyes and <b>count to 10</b>	Play an <b>instrument</b>	<b>Play a game</b> with someone	Identify your top three <b>strengths</b>
<b>Play a game</b>	<b>Take a break</b> or rest	Make up a <b>song</b>	Work with someone on a <b>puzzle</b>	Think about something <b>exciting</b>
Go for a <b>walk, hike, or run</b>	Drink <b>cold water</b>	Write about <b>thoughts &amp; feelings</b>	Write someone a <b>letter</b>	<b>Focus</b> on the present moment
<b>Bounce</b> a ball	Blow <b>bubbles</b>	Create a <b>dance</b>	<b>Share your feelings</b> with someone	Think about something <b>funny</b>
<b>Squeeze</b> a stress ball	Think of your <b>happy place</b>	Write a <b>poem</b>	<b>Ask</b> for help	<b>Practice reframes</b> I didn't fail, I learned
Do <b>yoga</b> or stretch	Look at pics of a <b>favorite memory</b>	Make up a <b>new game</b>	<b>Call a friend</b>	<b>Focus</b> on what you can control



# THOUGHTS, REFLECTIONS, OPINIONS, & QUESTIONS



WHAT STOOD OUT  
TO YOU TODAY?



WHAT DID YOU  
AGREE WITH?



WHAT DID YOU  
DISAGREE WITH?



WHAT IS 1  
THING YOU  
WANT TO TRY?



WHAT DO YOU  
WANT TO KNOW  
MORE ABOUT?

NCTSN

The National Child  
Traumatic Stress Network



# HOMWORK

What are possible trauma reactions, responses, and reminders for my child?



What safety message would be helpful to support them in navigating these reminders?

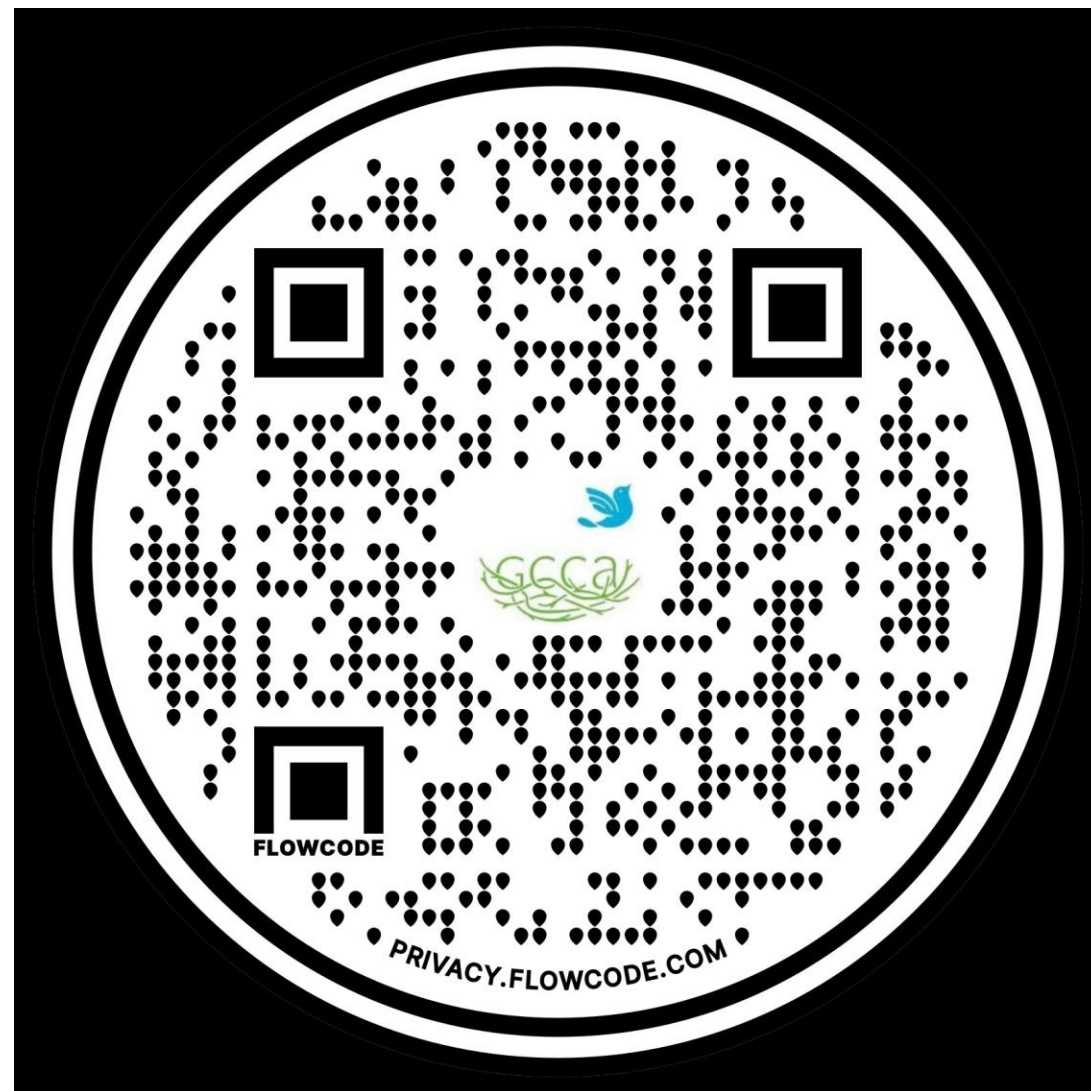
Create an "I feel" message about an issue for your child (or better yet WITH your child).

"I" STATEMENTS



\_\_\_\_\_

# BEFORE YOU GO



Step 1: Scan this QR code

Step 2: Select “Caregiver Survey 4” for this module

Step 3: Provide your feedback

Thank you!

NCTSN

The National Child  
Traumatic Stress Network