



# MANAGING FEELINGS & BUILDING CONNECTION

WEEK 5

## TRAUMA- INFORMED CAREGIVING



What we see in the classroom or at home **above the surface**

# BEHAVIOR ICEBERG

Behavior reactions of children who have/are experiencing trauma or crisis with self regulation or sensory issues



loss of self-control  
self-isolation  
violence/aggression  
hiding raging  
running away

avoidance crying  
screaming  
low frustration tolerance  
verbal abuse



**ANGER**

unloved sadness  
**frustration** **fear**  
disappointment  
**distress** anxiety  
**grief** rejection  
**hurt** tricked  
unworthy **tired**  
angry  
failure **alone**

We cannot see what the child is really feeling **below the surface.**

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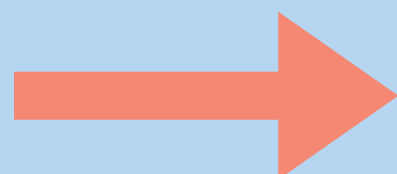
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WHAT IF...?  
(GROUP ACTIVITY)

# THE COGNITIVE TRIANGLE

TRIGGERING EVENT



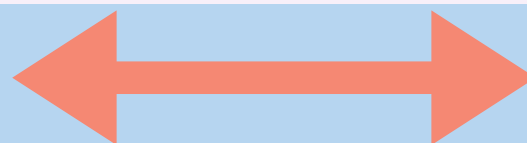
THOUGHTS

STUPID. UGLY.  
COWARD. FAIL.  
WORTHLESS...



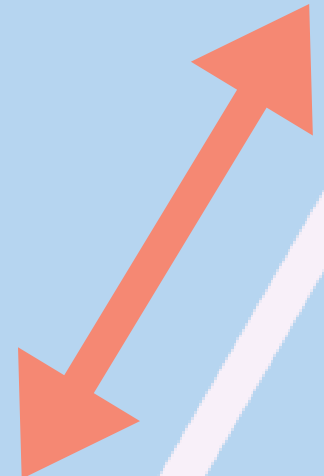
BEHAVIORS

AVOIDANCE,  
SUBSTANCE USE,  
ACTING OUT, SEX



FEELINGS

ASHAMED, AFRAID,  
DEPRESSED, ANGRY,  
ANXIOUS,  
CONFUSED, LONELY

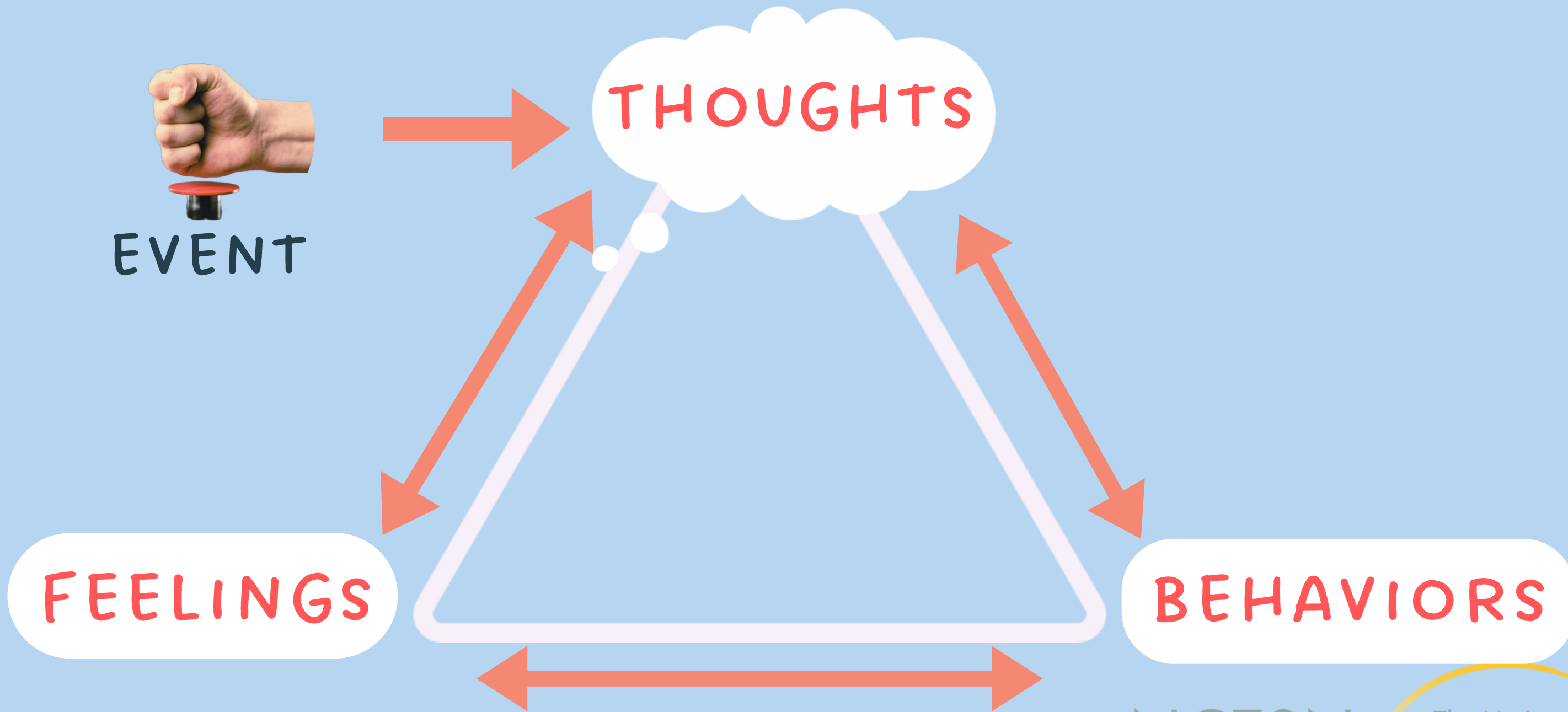


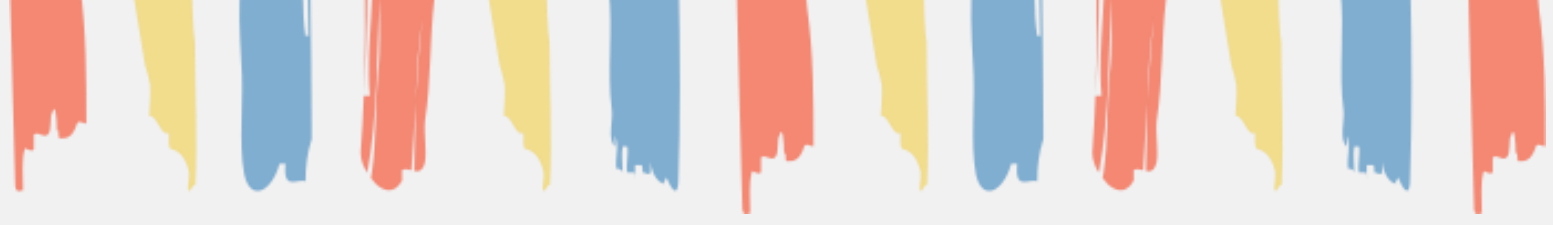
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# DECODING THE TRIANGLE

WHAT ARE YOUR CHILD'S . . .





# TUNING IN

## TUNE IN

- What am I feeling?
- What do I need?



## REACH OUT

- What is my child feeling?
- What does my child need?



## CONNECT

- How can I connect with my child?
- How can I connect my resources to my child needs?





# EXPLORE



10

9

8

7

6

5

4

3

2

1



## HOW ARE YOU FEELING TODAY?

**name**

**feeling clues**

Blind rage	slapping, pounding fists
Boiling	Throwing things
Danger	Thoughts of revenge
Anger	Loud, irrational statements
Resentful	"Can't someone help me?!"
Tense Stressed	Head pounding
Okay Stressed	"Staying strong"
Liking it	"In a groove"
Feeling good	"Doing it for me"
Calm	Relaxed, smiling

REFLECT

happy  
sad

scared

nervous

confused

guilty







# ENCOURAGE

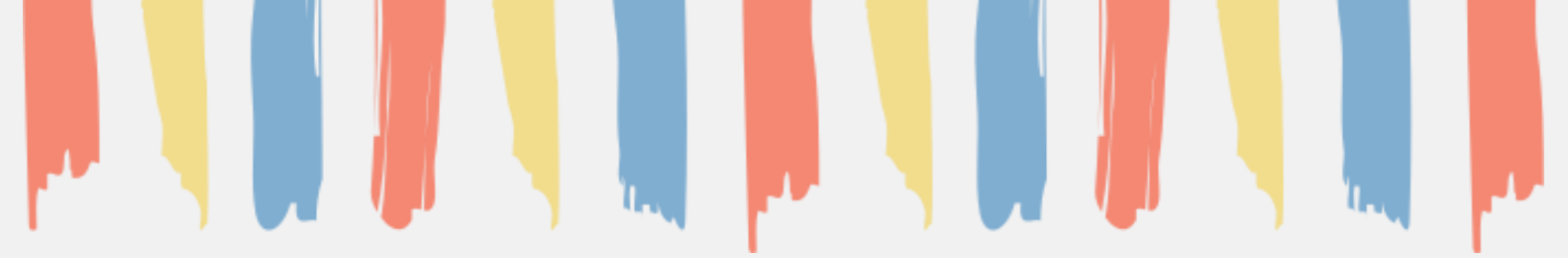
**HIGHLIGHT**  
positive behaviors.

- Recognize positive actions
- Praise, praise, praise!
  - Be specific
  - Be prompt
  - Be warm

Aim for at least **6** praises  
for every correction!

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# TAKING STOCK

(Group Activity)

**In the last week, how many times did you . . .**

- **Compliment your child for doing something well?**
- **Say “thank you” to your child?**
- **Ask your child’s opinion about something?**
- **Give your child a chance to do something for themselves?**
- **Offer your child options?**
- **Laugh with your child?**

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# TAKING STOCK

(Group Activity)

In the last week, how many times did you . . .

- Tell your child to do something?
- Tell your child *not* to do something?
- Tell your child to *stop* doing something?
- Impose consequences on your child?
- Ask your child “what were you thinking?!”





## THINK ABOUT...

- WHAT KIND OF PRAISE WOULD YOUR CHILD APPRECIATE?
- WHAT KINDS OF REWARDS WOULD BE MOST MEANINGFUL?

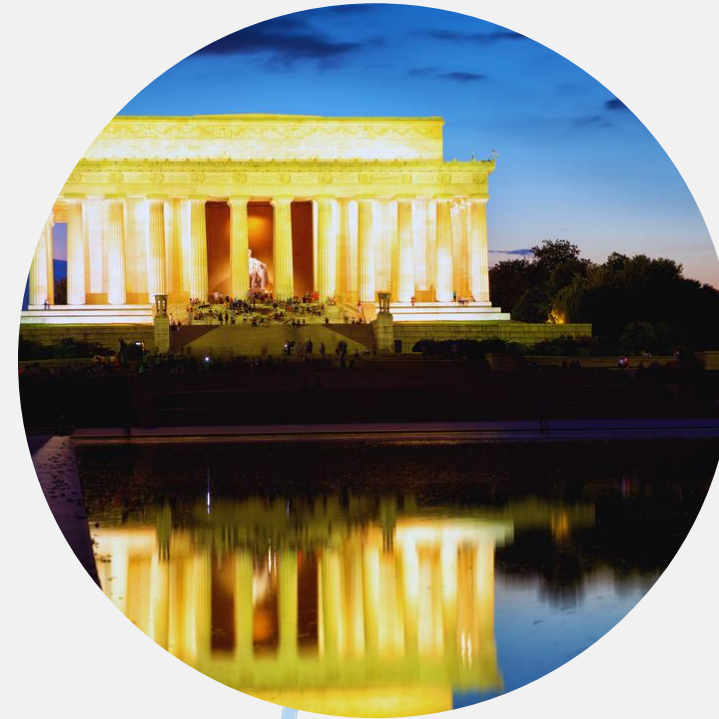




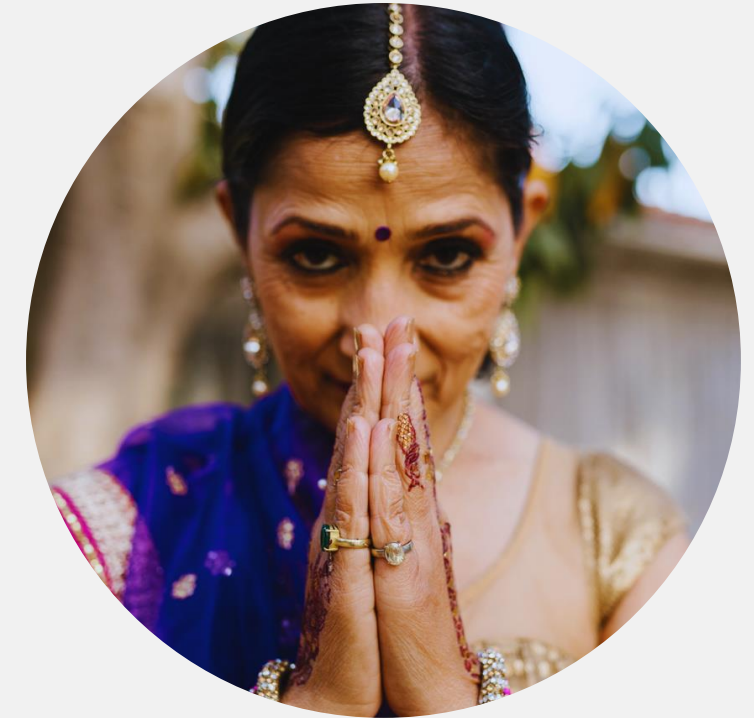
FAMILY



CO-WORKERS



PLACES



RITUALS & PRACTICES

RELATIONSHIPS

CULTURE

LIFE STORIES



POSSESSIONS

WHAT KEEPS YOU  
CONNECTED?



FRIENDS

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# NAME YOUR CONNECTIONS

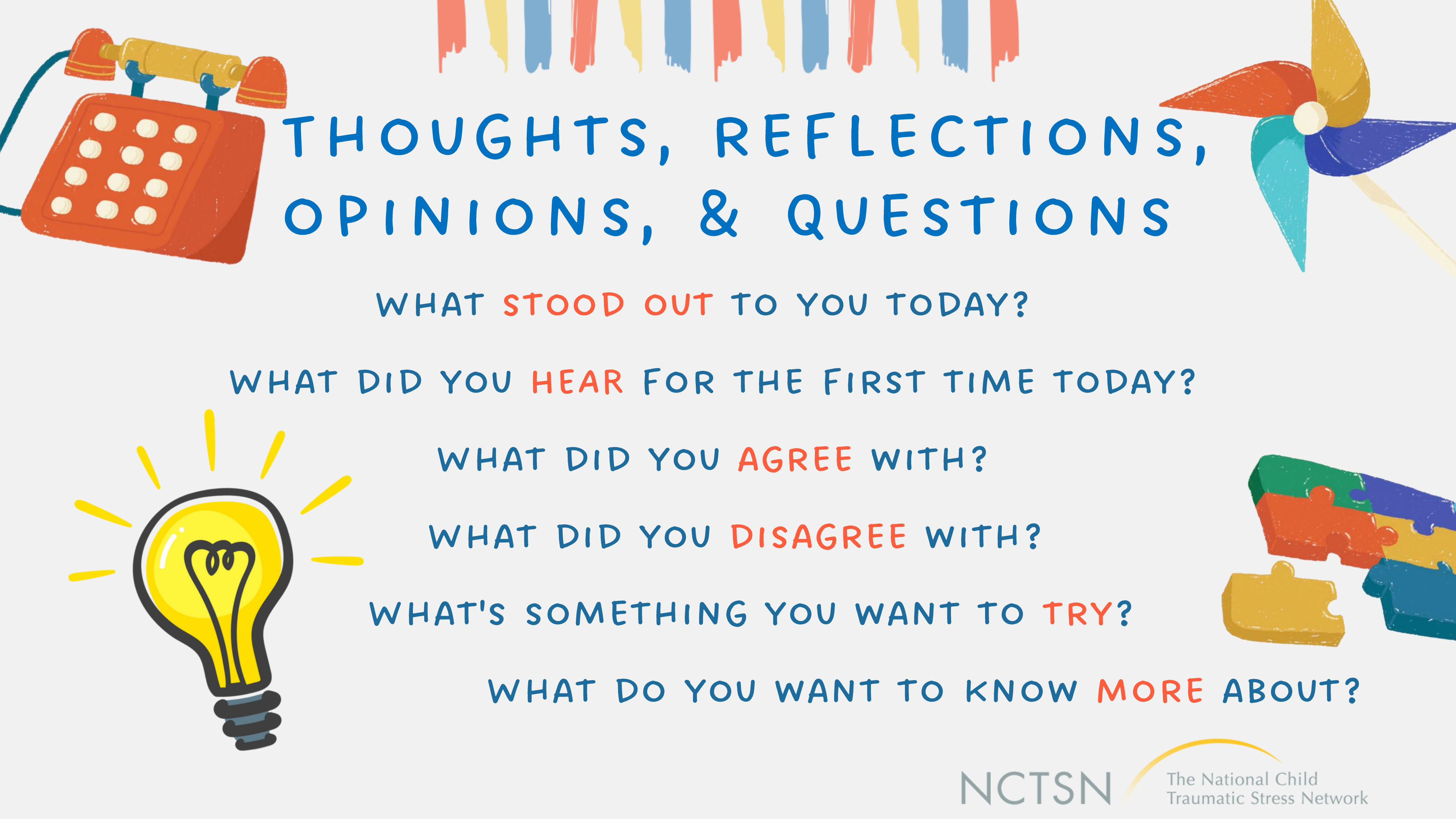


WHAT  
RELATIONSHIPS | STORIES | CULTURES  
KEEP YOU CONNECTED?



# BUILDING CONNECTIONS





# THOUGHTS, REFLECTIONS, OPINIONS, & QUESTIONS

WHAT **STOOD OUT** TO YOU TODAY?

WHAT DID YOU **HEAR** FOR THE FIRST TIME TODAY?

WHAT DID YOU **AGREE** WITH?

WHAT DID YOU **DISAGREE** WITH?

WHAT'S SOMETHING YOU WANT TO **TRY**?

WHAT DO YOU WANT TO KNOW **MORE** ABOUT?





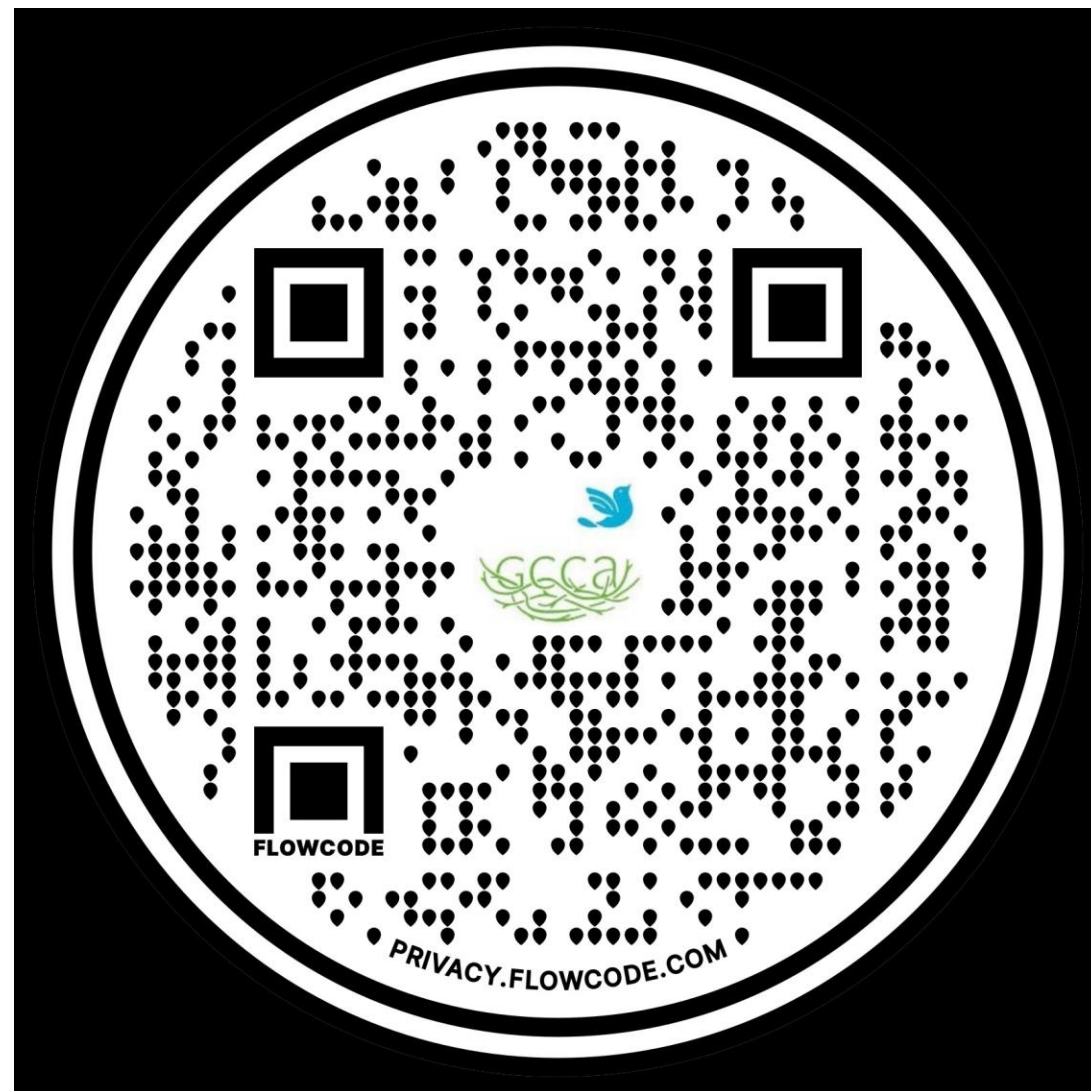
# HOMework

WHAT ARE MY CHILD'S CONNECTIONS?

WHAT ARE SOME STEPS I CAN TAKE TO HELP MY CHILD BUILD, DEVELOP, AND STRENGTHEN THEIR CONNECTIONS?



# BEFORE YOU GO



Step 1: Scan this QR code

Step 2: Select “Caregiver Survey 5” for this module

Step 3: Provide your feedback

Thank you!

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