**When I have concerns about trauma in a child, I can reflect and focus on:**

*3*

*3*

|  |  |
| --- | --- |
| **What are three things I have done or can do to…………** | |
| **Build Relationships:**   * Meaningful Relationships (children, staff, families) * Identifying a “primary caregiver(s)” who “co-regulate, build trust and attunement * Reframing using a “trauma sensitive lens” as a way to understand behavior * Positive Descriptive Acknowledgement |  |
| **Create a Supportive Environment:**  *3*   * Physical Environment that has places children can calm * Routines that embed predictability, rhythm, repetition, and rituals (supportive to that child) * Visual schedules and supports * Transitions that are predictable and incorporate choice * Focus on Small Groups for learning * Teach Expectations (Ie: Safety, Respect, Kindness) |  |
| **Teach Social and Emotional Skills:**   * Focus on Emotional Literacy--   “Name it to tame it”, and the development of sensory and feelings vocabulary   * Emotional Regulation—Teach breathing, and other practices ie: Tucker Turtle/Sonia Snail, I Can Get Calm, Emotion Thermometer |  |