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

*3*

*3*

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| **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
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| **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)
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| **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
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