



## Tiered Plan of Action for Trauma

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

**What are three things I have done or can do to.....**

**Build Relationships:**

3

- △ 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:**

3

- △ 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