

TRAUMA SENSITIVE

TIPS AND REMINDERS

We must view behaviors as a result of trauma or toxic stress rather than willful misbehavior

Connecting Tools



Everything we do should come back to connection! **Remember: your relationship with the child is the single greatest tool you have!**

- Greet each child
- Demonstrate a genuine interest in their life
- EYE CONTACT
- Encourage healthy, positive touch such as handshakes, high fives, and fist bumps

Empowering Tools

Focusing on a child's physical and environmental needs helps them stay regulated and **build trust and connection.**

- Classroom management is extremely important
- Consistency is key
- Manage transitions well
- Verbalize expectations

- Be aware of sensory needs
- Incorporate movement and play
- Provide water breaks
- Incorporate healthy snacks





Correcting Tools

While connecting and empowering should always be our goal, these tools can be used **when a child is dysregulated.**



Give 2 **CHOICES** that are related to what you're doing:

- You can sit on the floor or the chair.
- You can do it alone or I can help you.

Provide a chance for a **RE-DO**:

- "Please try that again with respect"
- "Please say that again with kind words."

Use **CO-REGULATION**:

- redirection/distraction
- deep breathing
- back stories
- physical activity

Use **TIME-IN**: (instead of time-out)

- bringing the child closer to you.
- Use them as a helper
- Have an assistant take them on a walk

Everything must go back to connection!



I

Immediate

Respond within seconds

D

Direct

Use eye contact and proximity

E

Efficient

Response should be equal to level of behavior

A

Action-Based

Give them a chance for a re-do to create body memory

L

Leveled at the behavior

NOT at the child



Think of a challenging behavior you're facing

Ask yourself:

- What is the message behind those behaviors?
- What does the child really need?
- Am I connected?
- Am I empowering the student?
- Am I being proactive?
- Am I catching the need at a low level?
- Do I have a plan to help regulate the student?

TRAUMA SENSITIVE ----- WEBINAR

Gilbert

Thank you for attending
The Trauma Sensitivity Webinar
facilitated by
Colorado Kids Belong.

April 15 2025



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