



Trauma-Informed Parenting Tips

Reduce triggers. What distracts your child, leads to tantrums or makes your child anxious? Learn to notice and avoid (or lessen) triggers.

Set up a routine. Set up predictable plan for your child's day. Prepare your child for changes and new experiences.

Create a sense of control. Think about opportunities to give your child choices based on their age. This will help them feel more in control.

Don't take behaviors personally. Accept your child's behavior without judgment. Teach your child to use words to express their feelings and find acceptable ways to deal with their emotions.

Stay calm. Find ways to respond that don't make things worse, including not yelling or being aggressive.

Be emotionally available. Think of different ways you can connect with your child, even when they seem as though they are pushing away.

Avoid physical punishment. Use positive discipline approaches that don't trigger your child or increase their stress while still setting limits.

Be patient. The process of healing takes time. Notice and celebrate small successes.

Practice coping skills. Think about and talk with your child about what helps them relax and cope. Practice these skills with your child.

Build your child's self-esteem. A sense of competence helps children heal and become more resilient. Find opportunities for your children to develop and use their strengths, volunteer to help others, and set achievable goals.