

How to strengthen trauma-informed practice

IN PRINCIPLE...

1. Safety

A child's physical, emotional and cultural safety, and their sense of feeling safe

IN PRACTICE...

Fostering a strong connection with the child and providing routines and predictability in the learning environment

IN PRINCIPLE...

2. Connections

A child's social bonds with educators, peers and the rest of their community

IN PRACTICE...

Creating physical and relational environments that support a sense of connection, belonging and security, and meet the child's needs

IN PRINCIPLE...

3. Coping

A child learning to regulate emotions

IN PRACTICE...

Being calm, being present, co-regulating and showing empathy towards the child, especially when they're experiencing heightened emotions

Learn more about Howard Bath's three pillars of TraumaWise care: bit.ly/41PubxY