



A TOOLBOX OF STRATEGIES FOR RELATIONSHIP BASED HEALING:

WHAT you do matters..... HOW you do it matters even more.....

You cannot give away that which is not yours to begin with.....

Trauma Informed Program Development

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Key Notes

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A TOOLBOX OF STRATEGIES FOR RELATIONSHIP BASED HEALING:

WHAT you do matters.....HOW you do it matters even more.....

If there is no relationship, nothing else matters.....*nothing~*

Children can only heal in the context of relationship. You must be available to connect. Intentionally practice mindfulness.

Recognize this job is really hard and plan accordingly. It's a marathon, not a walk in the park. Give yourself credit for all you do.

You must "feed" yourself enough so you can have the energy to be in relationship with your child - nutrition - food - exercise - support - friends - laughter - spirituality - intellectual and creative pursuits.

Your child's emotional age will vary from moment to moment and usually it will be much younger than their chronological age. Treat their emotional age appropriately.

Teach your child how to "need" you by creating opportunities to nurture. Stay physically close and offer hugs or gentle touch whenever appropriate. Monitor how much time you are spending with your child and the quality of the time.

Use eye contact, smiles, touch, hugs, rocking, movement, and food as tools to be in relationship with your child.

Verbally and physically assert pleasure to help your child.

Track mood state and be emotionally available in times of stress. Be aware of your own stress level and create extra safety when you are under undue stress.

Use humor and gentle teasing (avoid shaming) as ways of connecting. Laugh and play with your child. Find ways to have fun together even if it is only for a minute.

Create opportunities for your child to imitate you and reinforce this connection.

Keep your child's life structured and consistent but with sensitivity to their emotional needs.

Remember transitions are hard. Plan ahead.

Create routines and rituals to develop mutual history.

Match your child's affect with yours - Use low key responses teach appropriate behaviors; acknowledge and praise small gains.

Slow and low.....

Listen to whatever stories or memories your child has and be spontaneous in discussions of the past and future. Don't judge or correct - just be there.

Their fear need not become your fear.

Regulation is relationship dependent.

When needed: Line of sight supervision; time in vs. time out.

Avoid "did you..." why questions, and shaming your child.

Consistent Calm evokes Change.....

The brain is the boss of behavior, change the brain, change the behavior.

Stress modification, NOT behavior modification....

Sensory comfort will bring an increase in positive social, emotional and behavioral responses.

Be aware of your own energy. Your energy and affect will be reflected back ten-fold by the child.

Believing in and working toward peace for all systems, family and organizational...

Please contact our Denver office for further information regarding our COACHING, consulting and training programs at www.coaching-forlife.com or call Margaret at 866-570-0604.