

# A Brief Look at Trauma Informed Care (Part 1)

Child care providers are shifting to trauma-informed environments. Trauma Informed Care (TIC) is a strategy of early intervention that involves realizing, recognizing, and responding to the effects of trauma.

## The Four Rs of TIC:

1. Realize the widespread impact of trauma.
2. Recognize the signs and symptoms of trauma.
3. Respond by fully integrating knowledge about trauma into policies, procedures, and practices.
4. Resist re-traumatizing by actively incorporating intervention strategies.

## Understanding Trauma

Trauma refers to any intense experience that overwhelms a child's coping skills.

- Any event can potentially cause trauma and exposure to trauma effects each child differently.
- Obvious causes of trauma are abuse, neglect, abandonment, divorce, violent home life (parental addition, incarceration, or violence), serious medical illness, or natural disaster.
- For young children, trauma can be caused by changing schools, changing caregivers, separation from siblings or parents, scary events on the news, or overheard conversations.

## Minimizing Re-Traumatization

Modeling behaviors and making connections helps ease the effects of trauma and aid the healing process.

### Model Positive Behaviors:

- Problem Solving
- Anger Management
- Social Skills
- Empathy
- Being Responsible
- Self Esteem
- Perseverance
- Positive Relationships
- Sense of Humor
- Asking for help

### Make Positive Connections:

- Encourage helping others
- Maintain a daily routine
- Take breaks
- Teach self-care
- Move toward goals
- Nurture a positive self-view
- Keep things in perspective
- Maintain a hopeful outlook

### Sources:

- KPJR Films – Resilience (<http://www.kpjrfilms.co>)
- The Trauma Informed Care Project (<http://www.traumainformedcareproject.org>)
- Substance Abuse and Mental Health Services Administration (SAMHSA) – Trauma-Informed Approach and Trauma-Specific Interventions (<https://www.samhsa.gov/nctic/trauma-interventions>)