

Support for Parents: when both you and your child have experienced trauma

1

SEE:

WHAT YOUR CHILD
IS DOING HAS
TRIGGERED YOU.

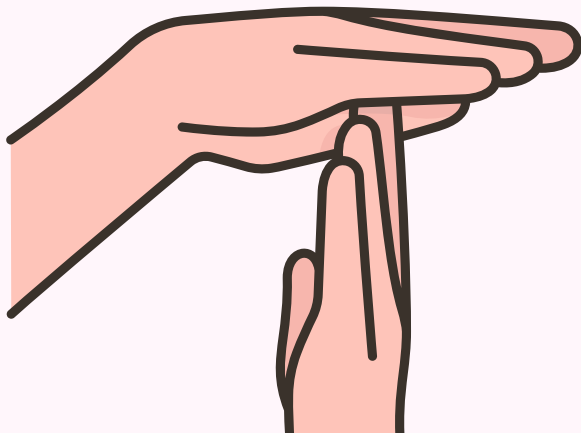


2

UNHOOK:

DON'T TAKE IT
PERSONALLY!

IF YOU HAVE A
HABITUAL WAY OF
RESPONDING WHEN
YOUR CHILD DOES THIS,
TRY NOT TO DO IT.



3

NURTURE:

PAUSE TO TAKE CARE
OF YOURSELF.

REGULATE YOUR
NERVOUS SYSTEM
FIRST BEFORE YOU
RESPOND TO YOUR
CHILD'S BEHAVIOR.



4

NOTICE:

THERE IS SOMETHING
ELSE BEHIND YOUR
CHILD'S BEHAVIORS.

5

IDENTIFY:

TRY TO IDENTIFY WHAT IS
DRIVING THE
BEHAVIOR(S). ARE THEY
HUNGRY? SAD?
FRUSTRATED?

IT'S OKAY TO START WITH
"THIS IS YUCKY" OR
HARD.

it's okay to feel



your feelings



6

CONNECT:

CO-REGULATE. OFFER A
COPING SKILL THAT HAS
HELPED THEM & DO IT
WITH YOUR CHILD .