

Trauma-Informed Services

- **Trauma-informed care and services** are when all parties involved recognize and respond to the impact of traumatic stress on those who have contact with an organization, including children, caregivers, and service providers. Trauma-informed services can be implemented in different sectors such as schools, homes, and juvenile justice settings.



Home

3 Ways to Make your Home Trauma-Informed:

1. Rethink your physical space
 - a. Removing technology or rearranging furniture so that technology is not the focal point of a room
 - i. This allows for meaningful conversations to take place
 - b. Allowing children to make decisions on how to decorate their bedroom empowers them to have a voice
2. Normalize talking about feelings
 - a. Children learn by example, talking about your own emotions and how you acted in response will demonstrate healthy ways to deal with strong feelings without resorting to unhealthy behaviors
3. Model self-care
 - a. If adults don't engage in caring for themselves, children will likely pick up on this and not engage in self-care either

Sources

3 Ways to make home Trauma-Informed | 3 Ways to make your home trauma-informed. (n.d.).

<https://www.cornerstonesofcare.org/Blog/2019/04/08/3-Ways-to-Make-Your-Home-Trauma-Informed>