

CLASS GUIDELINES

- Sign in by entering your name and location in the chat box
- Participate in activities
- Step Forward, Step Back
- Respect each other during discussions
- · Respect confidentiality
- Take care of your needs
- · Ask questions and have fun!



NETIQUETTE

Speak clearly, and aim your voice to your computer screen or mic

Step away quietly if you need to

Keep yourself muted unless speaking

Feel free to set the camera to show your face, but we understand if connectivity may prevent that $% \left(1\right) =\left(1\right) \left(1$

Use the chat box to ask questions, or message one of the hosts for support



ESSENTIAL ELEMENTS OF TRAUMA INFORMED CAREGIVING

- Recognize the impact trauma has had on your child.
 Help your child to feel safe.
- Take care of yourself and manage yourself.
- 4. Help your child to understand and manage overwhelming emotions.
- Help your child to understand and manage difficult behaviors.
- Respect and support the positive, stable and enduring relationships in the life of your child.

- 7. Help your child to develop a strength-based understanding of his or her life story.

 8. Be an advocate for your child.

 9. Promote and support trauma-focused assessment and treatment for your child.

MYTHS TO AVOID

TO HEAL FROM EARLY TRAUMA, CHILDREN NEED.

- To feel safe and cared for (Safe)
- To be nurtured within family relationships (Connected)
- To have an environment that helps set boundaries and provides guidance (Regulated)





HANDOUT: IMPACT OF TRAUMA ON THE CHILD IN YOUR HOME

Physical vs. Emotional Age

What I know About My Child's Story

My Child's Traumas and Losses

My Child's Reactions to What Has Happened

My Child's Strengths/Resilience I Can Build Upon



GROUP DISCUSSION: EDDY'S STORY

- Physical vs. Emotional Age?
- Traumas and Losses?
- Reaction to Trauma?
- Strengths/Resilient Factors?



- Eddy, 8 years old
- 2nd grade, Poor Attendance, Disruptive Behavior in Classroom
- Lives with Mother and Grandmother; sometimes Richard
- Inconsistent Parenting, Substance Use
- Spends a lot of time on his own
- Befriended the neighborhood stray cat



- Incident at school
- Mandated Reporting and Initial Assessment led to removal from home
- Grandmother refused to answer questions during the Initial Assessment
- Eddy goes to Child Advocacy Center
- Substantiated Sexual Abuse

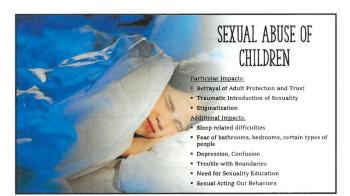


- Adjusting well in his foster home – Basic Routine and Structure
- Asks about his Grandmother, Mother, and the Cat
- Reluctance to go to School
- Resistance to allowing foster parent to wash his Pajamas
- Reminders about house rules on appropriate play



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WHAT DO CHILDREN WHO HAVE BEEN SEXUALLY ABUSED NEED FROM THEIR CAREGIVER?

Feeling of Safety

Healthy Boundaries



House Rules

Sexuality Education

Counseling





EXAMPLES OF "SAFETY MESSAGES"

- Help them become familiar with your home.
- Give them choices and responsibilities.
- \bullet Set limits so they don't feel overwhelmed.
- Give them some idea of what is going to happen in their future.
- See and appreciate each child as a unique and special person.
- Promise to keep physically safe.
- · Ask directly what the child needs to feel

ATTUNEMENT TO NEEDS

- Physical Needs: Water, Regular Healthy Meals, Sleep, Shelter, Recreation/Play/Physical Activity
- Emotional Needs: Positive Attention, Kindness, Help Meet Needs, Help with Feelings
- Beware of HOT SPOTS! (Meals, Sleep, Emotions, Touch)

- Don't overwhelm a child
 Be flexible
 Recognize child's past
 Emphasize the positive
 For youth with specials needs write down, post or use picture



WHAT DO STATE OF ALASKA FOSTER REGULATIONS SAY IS NOT ALLOWED IN FOSTER CARE?



No discipline or behavior management technique may be used that is cruel, humiliating or otherwise damaging to the child.

Corporal punishment of children in care is prohibited.

Ansigned strutuoles exercise no work as a form of punishment. Towatened with physical harm. Threatened to be expelled from fortice bosse. Submitted to works above and drongstory remarks about the child or be registrous. May not be deprived of adocuate food, closhing, trong space or bacter, deprived or decided of medical and detail care. May not be deprived or decided contact with caseworker or legal representative, the date of an analysis of the child of providing the child with the specific activities at part of the child or case plan. Mand to a looked room.

Flaced under a cold water shower or forced to shower or buttle so a form of pusishment. A CHILD IN CARE MAY NOT BE: Subject to the use of physical restraint, except when necessary to protect a child from injury or to protect properly from serious damage, a physical restraint permitted must be passive physical ristant only. FP should apport this type of ser to department. Subject to use of mechanical restraint, except for protective device such as a seather.



