



1

Class Guidelines

- Sign in by entering your name and location in the chat box
- Participate in activities/Step forward, Step Back
- Keep your camera on, face your mic
- Respect each other during discussions
- Respect confidentiality
- Take care of your needs
- Ask questions and have fun!

Hi! I have a couple of questions!

2

7 Essential Elements of Trauma Informed Caregiving

1. Recognize the impact trauma has had on your child.
2. Help your child to feel safe.
3. Take care of yourself and manage yourself.
4. Help your child to understand and manage overwhelming emotions and difficult behaviors.
5. Respect and support the positive, stable and enduring relationships in the life of your child.
6. Help your child to develop a strength-based understanding of his or her life story.
7. Be an advocate for your child and promote and support trauma-focused assessment and treatment for your child.

3

Myths to Avoid

My love should be enough to erase the effects of everything bad that happened before.

My child should be grateful and love me as much as I love him/her.

My child shouldn't love or feel loyal to an abusive parent.

It's better to just move on, forget and not talk about past painful experiences.

4



1. Recognize the Impact Trauma Has on Your Child.

5

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


6



Group Discussion: Eddy's Story


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

7



- 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

8



- 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

9



- 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

10



Group Discussion: Eddy's Story

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

11



2. Help your child to feel safe.

12

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
- **House Rules and Routines:**
 - Don't overwhelm a child
 - Be flexible
 - Recognize child's past
 - Emphasize the positive
 - For youth with special needs – write down, post or use picture
- **Beware of HOT SPOTS!** (Meals, Sleep, Emotions, Touch)



13

Examples of "safety messages"

- Help them become familiar with your home.
- Give them choices and responsibilities.
- 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 safe.



14

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.

15

A child
in care
may not
be:

Assigned strenuous exercise or work as a form of punishment.

Threatened with physical harm.

Threatened to be expelled from foster home.

Submitted to verbal abuse and derogatory remarks about the child or the child's family characteristics, physical traits, culture, ethnicity, language, sexual orientation or traditions.

May not be deprived of adequate food, clothing, living space or shelter; deprived or denied of medical and dental care;

May not be deprived or denied contact with caseworker or legal representative, the child's parents or other family members who are identified in the family contact plan, and individuals providing the child with therapeutic activities as part of the child's case plan.

Placed in a locked room.

16

A child
in care
may not
be:

Placed under a cold-water shower or forced to shower or bathe as a form of punishment.

Forced to eat or have hot sauce, soap, or other burning or foul-tasting substances placed in a child's mouth.

Subject to the use of physical restraint, except when necessary to protect a child from injury, or to protect property from serious damage; a physical restraint permitted must be passive physical restraint only; FP should report this type of use to department.

Subject to use of mechanical restraint, except for protective device such as a seatbelt.

Subject to the use of chemical restraint.

17



18

What does that mean?

Self-care is a way of living that incorporates behaviors that help you refresh yourself, replenish your personal motivation, and grow as a person. It is a vital part of maintaining good health and a vibrant life. Building up a repertoire of reliable self-care habits now can affect your quality of life today and in the future.

19

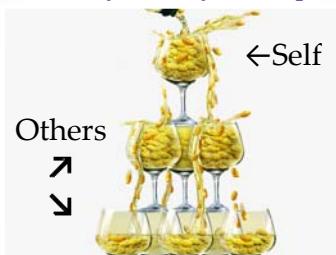
Foster Parents can experience:

Caregiver burnout - a state of physical, emotional and mental exhaustion that may be accompanied by a change in attitude, tends to happen over time

Compassion Fatigue - The physical and mental exhaustion and emotional withdrawal experienced by those who care for sick or traumatized people
(also known as vicarious trauma or secondary trauma)

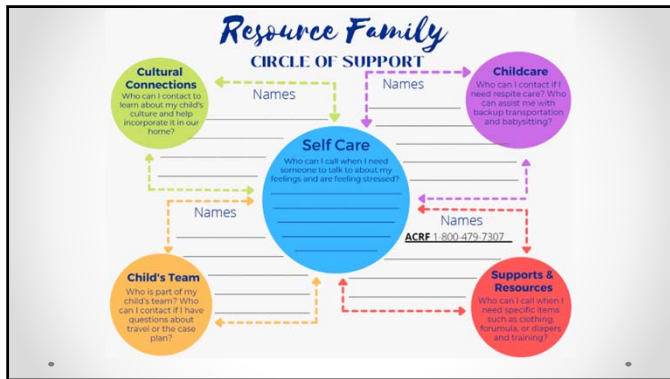
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It's okay to fill your cup!

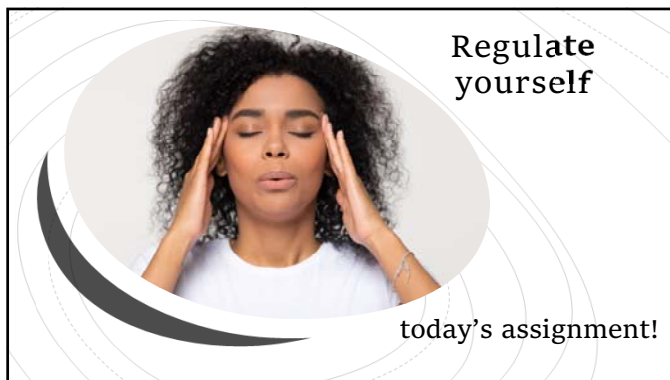


What will you have to give others if your cup is empty?

21



22



23
