



Understanding Trauma-informed Care

A key part of this journey is understanding trauma-informed care. Trauma impacts how children think, feel, and behave. What may look like misbehavior, shutting down, lashing out, or refusing to engage, is often the body's survival response: flight, fight, or freeze. These are not signs of defiance, but signals that a child feels unsafe or overwhelmed.



What is Trauma?

Trauma is how the body reacts to feeling:

- Unsafe
- Overwhelmed
- Powerless

It may come from:

- A single event
- Ongoing stress (loss, neglect, violence)

This is not defiance - It's a signal for safety



✨ *Children aren't "bad" — they are trying to survive*



Recognizing Triggers

Trauma may appear as:

- Outbursts
- Withdrawal
- Defiance
- Physical complaints

Shift your mindset:

- ✗ "What's wrong with you?"
- ✓ "What happened to you?"



Why It Matters?

When adults respond with calm and compassion, children can:

- Feel safe
- Regulate emotions
- Build trust



Caregivers also model patience and resilience

✨ *Small, compassionate responses create big moments of healing and connection*



Try This at Home

- Notice patterns of distress
- Stay calm and consistent
- Talk about feelings



To learn more, watch this [video](#)

**"It's okay to feel this way. I'm here with you."
"You are safe."**



☎ (646) 639-7711

🌐 www.dignityofchildren.com

✉ sonia@dignityofchildren.com

