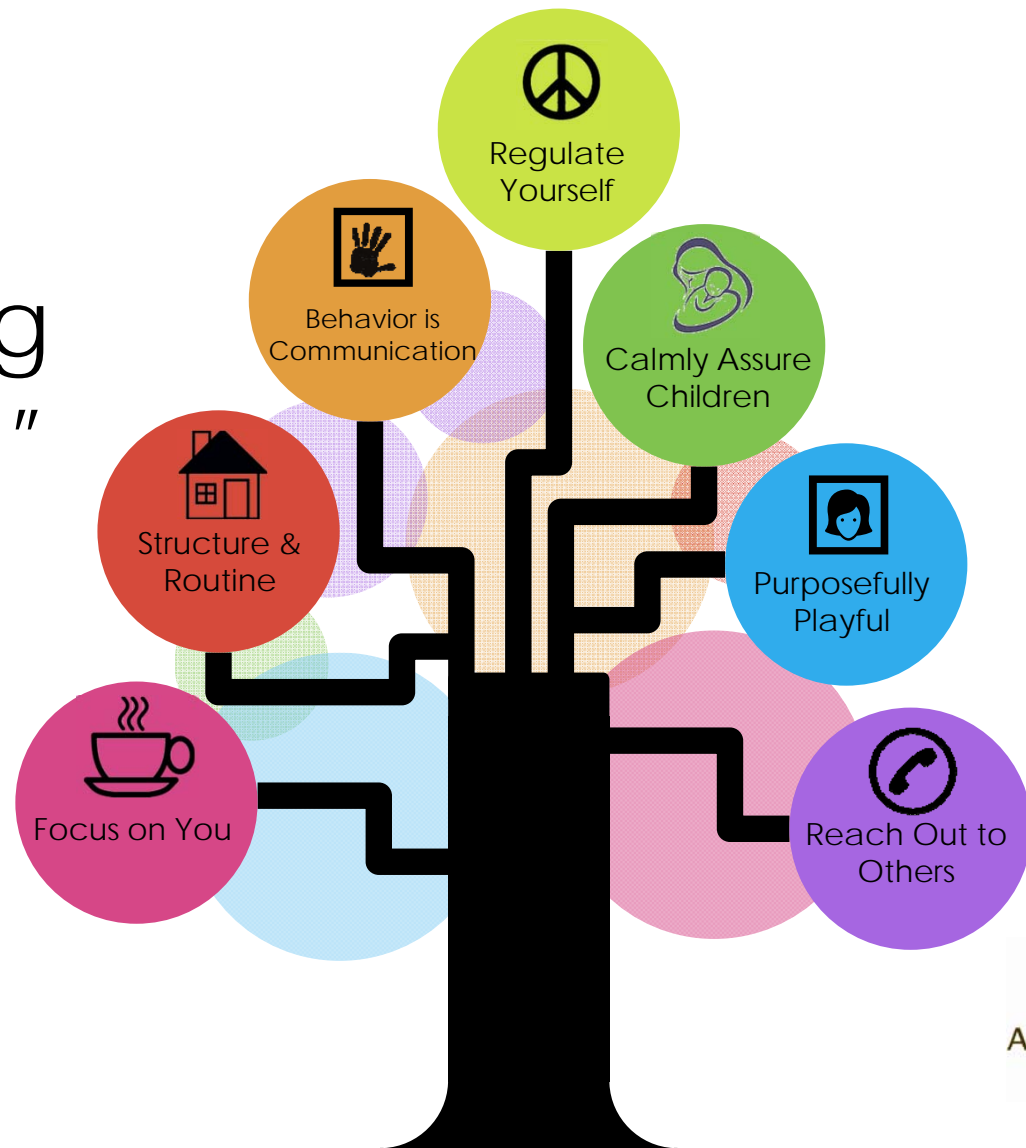


Trauma-Informed Parenting during our "Staycation"

Tips for keeping our families rooted in safety and growing in connection during the COVID-19 Quarantine





Regulate Yourself

"The parent-child connection is the most powerful mental health intervention known to man." - Dr. Bessel van der Kolk

- Breathe deeply (set timers to remind).
- Take mini-breaks from things causing stress.
- Turn off the TV. Select a specific time of day to take in needed information.
- Use social media "for good" – go only to uplifting groups/sites that connect with friends/loved ones.
- Let go of thinking about things outside your control.



Behavior is Communication

"Behavior is simply the signal." - Dr. Ross Greene

- They're anxious about the changes...and the anxiety they perceive in you.
- Their "big" feelings that push you away or cause explosions are rooted in uncertainty.
- Punishments don't work with a dysregulated child.
- Your calm can be contagious.



Calmly Assure Children

"When little people are overwhelmed by big emotions, it's our job to share our calm, not to join their chaos." – LR Knost

- "Yes, things are different and there is a lot that is still the same."
- Idea: Have children help list all the things that aren't changing in their lives.
- Normalize the anxiety and model good emotional tools – "We all feel this way and here are things we can do to feel less worried."



Structure & Routine

*High Structure +
High Nurture = Felt
Safety*

- Create a schedule – a visual schedule is a great idea.
- Stick to routines like bedtimes, morning rituals, etc.
- Don't make promises you can't keep...you don't know what else will be postponed.
- Use technology for connecting with others, exploring other parts of the world virtually.



Purposefully Playful

"Playfulness teaches self regulation, breaks down barriers, distracts, cuts tension and more." –
Karen Doyle Buckwalter

- View this time as a "Staycation."
Make time for fun, everyday.
- Strategize ways to bring laughter into your family (games, jokes, funny movies...whatever works...let children have lots of input).
- Music, dancing, rhythmic movement help everyone's brains.
- Go outside if you can...get some exercise.



Focus on You

*Self-Care isn't
Selfish!*

- Your children need YOU to remain healthy – physically and emotionally.
- Be intentional about doing something for yourself EVERY day.
- Ask for help, work together with spouse & extended family/friends.
- If you “lose it” be gracious to give yourself a “do-over” the same way you’d extend a “do-over” to your child.



Reach Out to Others

"Your presence is the most precious gift you can give." –
Marshall B Rosenberg

- Avoid social isolation during social distancing – stay connected via phone, social media, etc.
- Use technology to connect with others and help your children do the same (supervised, of course).
- Helping neighbors or others in need can really help shift our own attitudes...find ways for your family to be a positive force.