



TIPS FOR PARENTING KIDS WITH COMPLEX TRAUMA



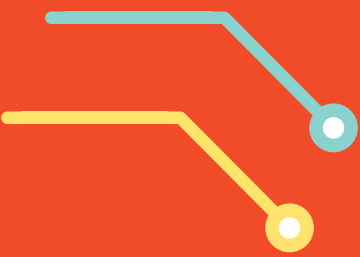
IT'S OK TO GET SUPPORT

Remember parenting is hard, and parenting kids with trauma can be complex. Find a support group, therapist, or self-care strategies that work for you.



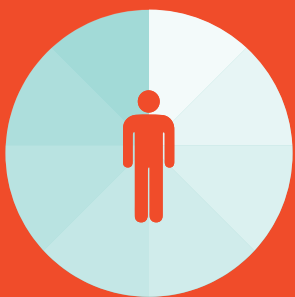
BEHAVIOR HAS A PURPOSE

Often the behaviors we see from kids who are struggling with early trauma are confusing. Practice looking beyond the behavior to understand the function of behavior.



IT'S NOT PERSONAL

Kids with trauma often have internalized negative beliefs about themselves and the world that fuel their behavior and relationships. These leave us feeling rejected and ineffective- and it's often a parallel process to what your child might feel and believe.



REMEMBER THE BODY

Use movement and body-based coping strategies to help with regulation. Every kid is different and likes different strategies. Maybe it's rocking, or a weighted blanket. Maybe it's a karate class or yoga. Experiment and have fun!



PRACTICE MINDFULNESS

Knowing your own triggers and patterns of reaction is so important. Practicing mindfulness and your own emotion regulation helps decrease conflict and reactivity at home, and models how to use strategies to your child.



COPE WHEN IT'S CALM

Coping strategies are great! And hard to use when we most need them. Practice coping strategies when everything is calm to help the brain learn to recognize these strategies as helpful and soothing in times of distress.



Go to the Birch Counseling Blog for more info.

www.birchcounselingdurham.com