

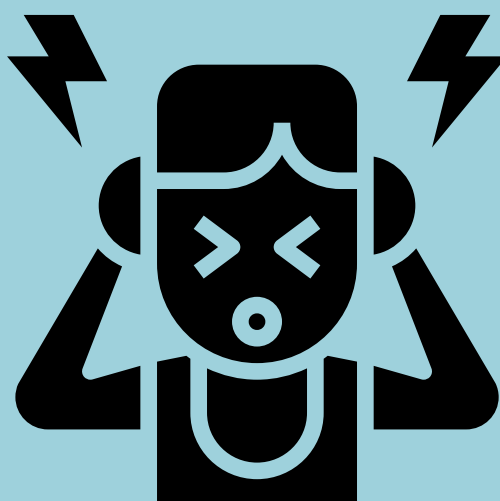


Returning to Learning with Trauma-Informed Care

Trauma-informed care is good practice for all students. All students benefit from a caring, supportive trauma-sensitive learning environment. For students who have experienced trauma or live with ongoing toxic stress, trauma-informed care is imperative for learning and healing.

Toxic stress indicators are:

- Experienced strong or prolonged exposure to adversity, violence, illness or neglect
- Trouble sleeping or eating
- Increased anxiety, aggression, or hyperactivity



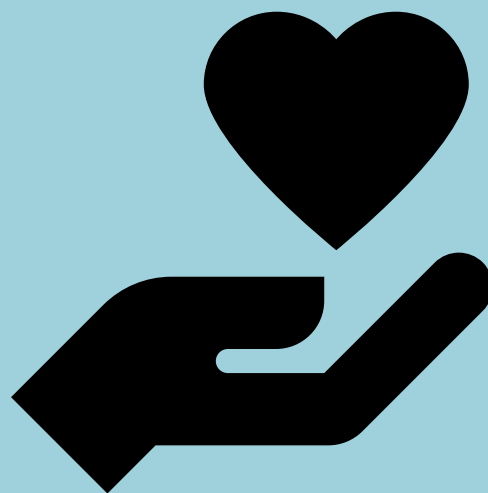
Trauma & toxic stress can cause:

- Anxiety, sleep problems, & hypervigilance
- Flashbacks & nightmares
- Emotional numbness
- Adapted coping strategies



Ensuring a trauma-informed learning environment:

- Should be calm, predictable, supportive, empathetic, & safe to benefit ALL students
- Talk to disengaged students one-on-one
- Get to know your students on a personal level to help guide them
- Listen to the students perspective to help diffuse hot emotions
- Create a safe place in the classroom/school where students can calm down



Protective factors embedded in EQ @ Home or School:

- Connection to a caring adult
- Positive connections w/ peers
- Social competence
- Communication skills
- Opportunities for autonomy
- Problem-solving skills
- Sense of purpose and future
- Accountability



For more info on trauma-informed care, we highly recommend *The Trauma-Informed School: A Step-by-Step Implementation Guide for Administrators and School Personnel* (2016) by Jim Sporleder and Heather Forbes.