

# Parenting Kids Who Have Experienced Trauma

## Stop, Drop and Stay in Control

### WHEN PARENTING, WE SOMETIMES...

Stand above the child.



### IT CAN BE MORE HELPFUL TO...

Be at eye-level with child.



Give time-outs or ignore the child.



Stay close until the child is calmer to connect.



Yell or raise our voice.



Remain calm and speak at a relaxed tone.



Take their actions personally.



Recognize children's emotions are often not about us.

