Parenting Kids Who Have Experienced Trauma
Stop, Drop and Stay in Control

**WHEN PARENTING, WE SOMETIMES...**

- Stand above the child.
- Give time-outs or ignore the child.
- Yell or raise our voice.
- Take their actions personally.

**IT CAN BE MORE HELPFUL TO...**

- Be at eye-level with child.
- Stay close until the child is calmer to connect.
- Remain calm and speak at a relaxed tone.
- Recognize children’s emotions are often not about us.