

Impact of Trauma on Children in Care

Preservice

Learner Guide

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Learning Objectives

- Describe how trauma might **impact** children in care
- Identify the **need to learn** new skills and knowledge when providing care for a child who has experienced trauma

The Impact of Trauma

Children in care have rates of trauma exposure up to double that of children who have not been in care.



Factors that determine the impact of trauma are:

Age Frequency Relationships Coping skills Perception Sensitivity

Resilience, the ability to withstand or recover from an adverse experience, reduces the impact of trauma.

Notes:

Doing

Describe why the same trauma events can impact children differently. Notes: **Empathy Map** How might a child with trauma history perceive this family? Hearing Seeing Feeling What are your **takeaways** from the empathy map activity?

If you can pause and think about the **behavior as a symptom**, then you can focus on the **root cause** of the behavior.

As you watch the video, *Childhood Trauma and the Brain*, answer the following questions.



The First Scenario – Moving to a New School What social cues was she unable to interpret correctly?

Why do you think she saw the faces of her new classmates as threatening?

The Second Scenario – Swim Team What was the boy's trigger? What did the trigger remind him of?

In the first pool scene, we see the coach scratch off his name. What might result from this approach?

In the second pool scene, we see the coach call the boy over. What might result from this approach?

Notes:



Caring for Children Who Have Experienced Trauma

Placement out of the home is another **trauma**. It takes **knowledge and skills** to help these children feel safe.

After watching **ReMoved**, reflect on the video, and respond to these questions.



Notes:

What was the girl carrying in her **invisible suitcase** when she came into foster care? What **thoughts** did she have about herself? What thoughts may she have had about the foster parents?

How did the first foster parents demonstrate a lack of knowledge and skill in managing trauma-related behaviors? How did the situation escalate because of their response?

What were some of the girl's trauma triggers?

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What did the **second foster parent** do to help the girl feel **safe** enough to describe herself as "beginning to put down roots"?

The Three Pillars

- 1. Safety
- 2. Connections
- 3. Coping

These three pillars can be developed in the context of positive childhood experiences that can help children build relationships and learn the adaptive skills they need.

What **positive experiences** can you provide for a child?



Application

Write down one or two steps you will take to learn more about providing care to a child who has experienced trauma.



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Resources

A Trauma-Sensitive Toolkit for Caregivers of Children: https://srhd.org/media/documents/1-2-3-Care-Toolkit LowResolution.pdf

After the Hospital: Helping My Child Cope: <u>https://www.nctsn.org/resources/after-hospital-helping-my-child-cope-what-parents-can-do</u>

Children with Intellectual and Developmental Disabilities Can Experience Traumatic Stress: A Fact Sheet for Parents and Caregivers: <u>https://www.nctsn.org/resources/children-with-intellectual-and-developmental-disabilities-can-experience-traumatic-stress-for-parents-and-caregivers</u>

Parenting a Child Who Has Experienced Trauma: https://www.childwelfare.gov/pubpdfs/child-trauma.pdf

Parenting a Child or Youth Who Has Been Sexually Abused: A Guide for Foster and Adoptive Parents <u>https://www.childwelfare.gov/pubpdfs/f_abused.pdf</u>

Practical Guide to Parenting a Child Exposed to Trauma: <u>https://creatingafamily.org/adoption-category/adoption-blog/practical-guide-parenting-child-exposed-to-trauma/</u>