

# NOAS

## PreService:

### The Impact of Trauma

### Learner Guide

#### Overview

- ✚ This course focuses on how trauma impacts children in care. Learners will consider what new skills and knowledge they need to provide appropriate care to children who have been impacted by trauma.

#### 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

Please take care of yourself  
during this course.

#### 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
  - Relationships
  - Perception
  - Frequency
  - Coping skills
  - Sensitivity
- ✚ Resilience, the ability to withstand or recover from an adverse experience, reduces the impact of trauma.

## Empathy Map

✚ How might a child with trauma history perceive this family?

- Hearing
- Seeing
- Feeling
- Doing

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

Notes:

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## 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.

✚ ReMoved Video, reflect on the video, and respond to these questions.

1. What was the girl carrying in her invisible suitcase when she came into foster care?
2. What thoughts did she have about herself?
3. What thoughts may she have had about the foster parents?
4. How did the first foster parents demonstrate a lack of knowledge and skill in managing trauma-related behaviors?
5. How did the situation escalate because of their response?
6. What were some of the girl's trauma triggers?
7. What did the second foster parent do to help the girl feel safe enough to describe herself as "beginning to put down roots"?

Notes:




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## The Three Pillars

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.

-  Safety
-  Connections
-  Coping

Notes:

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What positive experiences can you provide for a child?

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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](https://srhd.org/media/documents/1-2-3-Care-Toolkit_LowResolution.pdf)

After the Hospital: Helping My Child Cope:

<https://www.nctsn.org/resources/after-hospital-helping-my-child-cope-what-parents-can-do>

Children with Intellectual and Developmental Disabilities Can Experience

Traumatic Stress: A Fact Sheet for Parents and Caregivers:

<https://www.nctsn.org/resources/children-with-intellectual-and-developmental-disabilities-can-experience-traumatic-stress-for-parents-and-caregivers>

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 [https://www.childwelfare.gov/pubpdfs/f\\_abused.pdf](https://www.childwelfare.gov/pubpdfs/f_abused.pdf)

Practical Guide to Parenting a Child Exposed to Trauma:

<https://creatingafamily.org/adoption-category/adoption-blog/practical-guide-parenting-child-exposed-to-trauma/>