

Children and Trauma

Tips for Teachers

HOW TEACHERS CAN HELP

UNDERSTAND CHILD, FAMILY, AND CULTURAL PERSPECTIVES

- Listen carefully to the child and family
- Incorporate extended families and kinship networks
- Ask about and respect cultural and spiritual perspectives on trauma, reactions, and interventions

IMMEDIATELY AFTER TRAUMA

- Attend first to basic needs of the child
- Assess initial responses and arrange to follow up over time
- Know when to refer to outside services, if the child does not return to normal levels of functioning
- Reestablish normal roles and routines, activate support among kinship networks and spiritual and community systems
- Support family, community, and mental health professionals' efforts to: provide a safe, developmentally appropriate, culturally responsive recovery environment, and to reduce ongoing exposure to stressors/secondary traumas



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How Teachers Can Help

WHAT CAN BE DONE IN SCHOOL - CREATING TRAUMA-INFORMED SCHOOLS



- Collaboration and coordination of care between schools, families, mental health services, and primary care providers



- School based mental health screenings and services



- Increased monitoring and support for changes in behavior, attendance, and grades

- Culturally and age appropriate classroom discussions about the traumatic event

- Culturally informed trainings on how to recognize symptoms of trauma, stress, and/or distress.

- Consider the impact of trauma and ACE's on a child's behavior



References and for more information visit:

<http://www.apa.org/pi/resources/child-trauma.aspx>

<https://www.nctsn.org/trauma-informed-care/trauma-informed-systems/schools/essential-elements>

www.apa.org/pi/families/resources/mental-health-needs.pdf.