

Core For Relative Caregivers



Session 2
Providing Trauma Informed Care



Class Guidelines

- Sign in through chat box
- Participate in activities
- Step Forward, Step Back
- Respect each other during discussions
- Respect confidentiality
- Take care of your needs
- Find the handouts and slides at www.acrf.org



Netiquette



- Speak clearly, and aim your voice to your mic
- Step away quietly if you need to
- Keep yourself muted unless speaking
- Make sure your camera is set to show your face so others can see your expressions
- Use the chat box to ask questions, or message one of the hosts for support
- If you are on the phone, you will be encouraged to respond by unmuting.

Effects of Trauma in Children

The Effects of Child Maltreatment



What is Child Maltreatment?

- Any act or failure to act on the part of the parent or caretaker which results in:
 - Physical and verbal abuse
 - Neglect
 - Exposure to domestic violence
 - Sexual abuse and inappropriate sexuality
 - Substance abuse and prenatal exposure

Maltreatment is Trauma

- Trauma occurs when an individual experiences an overwhelming event or feels helpless in the face of intolerable danger, fear, or sensory stimulation.
- Abuse and neglect are traumatic experiences for children that affect brain development and social and emotional development.



CHAT BOX

How have you felt when something traumatic or overwhelming has happened to you?



First Impressions... Exposure to Violence and a Child's Developing Brain



First impressions: exposure to violence and a child's developing brain video

- Experiences shape how the brain develops.
- Young children, are impacted more severely.
- The development of the outside of the brain, depends on the healthy development of the lower parts of the brain.
- The top part of the brain, where you do all your thinking, is the easiest to modify. But if a child has experiences of trauma while the lower part is developing, those are harder to change.
- Children exposed to domestic violence are experiencing a state of fear and the systems involved in thinking are shut down.

Traumatic Stress Reactions



- Trauma reminders or triggers; May lead to behaviors that seem out of place
- Problems concentrating, learning, or taking in new information
- Difficulty going to sleep or staying asleep, nightmares
- Emotional instability; moody, sad or angry and aggressive
- Age-inappropriate behaviors

Trauma stress reactions can impact the child's ability to develop and maintain relationships.



Dr. Dan Siegel's Hand Model of the Brain

Flip the Lid (Hand Model of the Brain)



Figure 1. A model of the brain.

Make a fist with your thumb tucked inside your fingers. This is a model of your brain.

Thumb = Midbrain (Stem & Limbic) = Emotion Brain. This is where emotions and memories are processed. This is where the fight, flight & freeze is triggered.

Fingers = Cerebral Cortex = Rational Brain. Houses our ability to think and reason.

Fingernails = Prefrontal Cortex = Problem Solving

When something triggers us, we are prone to "flip our lid" which means the Prefrontal Cortex (Fingernails) have a very poor connection with the Midbrain (Thumb), and we're not able to access the logical, problem-solving part of our brain. Our emotions are overriding our ability to think clearly.

Dr. Dan Siegel



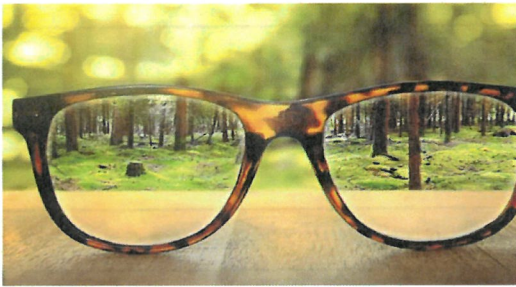
Figure 2. Flipping your lid.

Watch the video clip at: <https://youtu.be/gm9C1J74Oxw>

Dr. Dan Siegel's Hand Model of the Brain



Applying a Trauma Informed Lens





What kind of behaviors have you seen in the children in your home that might be related to trauma they experienced?

GUIDELINES

For Trauma Informed Caregiving

- ✓ Manage your own emotions
- ✓ Help your child to feel safe
- ✓ Help a child manage their emotions
- ✓ Help a child manage their behavior

GUIDELINES

For Trauma Informed Caregiving

- ✓ Build attachment and connection to positive adults and community.
- ✓ Build a strengths-based narrative for your child.
- ✓ Advocate for your child– *be their voice!*

Be an Emotional Container

- ▶ Remember the child's invisible "suitcase." This is not about you.
- ▶ Respond calmly but firmly to outbursts. Be willing to tolerate strong emotional reactions.
- ▶ Help child identify and label feelings. Suggest ways to express feelings without hurting others.



Self Care is Important!



1. Give yourself permission to need something.
2. Keep it simple.
3. Stop comparing yourself to other families.
4. Know which part of the day is hardest.
5. Join a support group.
6. Have down time every day.
7. Accentuate the positive.

Parenting and Discipline as a Foster Parent



WHAT DO THE FOSTER CARE REGULATIONS SAY...

IN GENERAL

- No form of corporal punishment may be used on children in foster care.
- No discipline or behavior management technique may be used that is cruel, humiliating, or otherwise damaging to a child.

What do the regulations say....

A child in care may NOT be:



- Assigned strenuous exercise or work as a form of punishment.
- Threatened with physical harm.
- Threatened to be expelled from foster home.
- Submitted to verbal abuse and derogatory remarks about the child or the child's family characteristics, physical traits, culture, ethnicity, language, sexual orientation, or traditions.
- May not be deprived of adequate food, clothing, living space or shelter; deprived or denied medical and dental care.
- Many not be denied contact with caseworker or legal representative, the child's parents or other family members who are identified in the family contact plan, and the individuals providing the child with therapeutic activities as part of the child's case plan.

What do the regulations say....

A child in care may **NOT** be:

- Placed in a locked room.
- Placed under a cold-water shower or forced to shower or bathe as form of punishment.
- Forced to eat hot sauce, soap, or other burning or foul-tasting substances placed in child's mouth.
- Physically restrained, except when necessary to protect a young child from accident, protect persons on the premises from physical injury, or protect property from serious damage and then only passive physical restraint may be used.
- Mechanically restrained.
- Chemically restrained, except under the order of a physician.



Fill Your Toolbox



1. Establish house rules.
2. Have routines.
3. Pre-teach to children and practice ahead of time.
4. Have regular family meetings.
5. Model the behavior.



What questions would you want answered about the Office of Children's Services?



- ✓ **Session 1:** Being a Relative Caregiver for OCS
- ✓ **Session 2:** Trauma Informed Parenting for Relative Caregivers
- Session 3 (Feb 9):** Understanding OCS
- Session 4 (Feb 14):** The Role of Resource Family
- Session 5 (Feb 16):** Fostering Connections: Family Contact and Transitions

Remember, you can find all the handouts and slides at www.acrf.org.
