

TRAUMA-INFORMED CARE STRATEGIES FOR HOME VISITING

PARENTS

Supporting Parents

- Trauma screening
- Building a support system
- Connecting families to resources
- Prioritizing parental self-care

Promoting Positive Parenting Skills

- Sharing information about trauma
- Improving parenting skills
- Coaching how to respond to children's concerns in an age-appropriate way

Helping Parents to Empower Children

- Supporting children's acquisition of coping and self-regulation skills

Integrating Cultural Sensitivity in Services



CHILDREN

Trauma Screening

- Evaluating traumatic stresses
- Assessing needs

Helping with Situations where Children Exhibit Signs of Trauma

Being Coaches for Parents

Referring Children to Resources



ADMINISTRATORS

Maintaining a Strong and Stable Workforce

- Weighting caseloads
- Building a strong support system
- Retaining the same families that home visitors worked with during the pandemic on their caseload

Strengthening and Expanding Relationships with Community Organizations

Being Prepared for Re-Closures

- Learning from the experience of the past lockdowns
- Leveraging technology for future virtual services
- Preparing basic household items for families in need
- Training virtual home visiting skills



Find out what these strategies look like in practice at: [BIT.LY/IWERC_TIC](https://bit.ly/iwerc_tic)

TRAUMA-INFORMED CARE STRATEGIES FOR EARLY CHILDHOOD EDUCATION AND CARE (ECEC)



PARENTS

Supporting Parents Interested in Enrollment

- Providing connections and tours
- Connecting with other parents to hear about their experience

Collaborating with Parents to Support Child Psychological Wellbeing

- Sharing with parents information regarding symptoms of stress
- Constantly providing updates and sharing photos

CHILDREN

Facilitating a Smooth Transition

- Familiarizing children with the ECEC setting with a parent companion
- Inviting children to bring a comfort item

Providing a Responsive, Sensitive, and Consistent Daily Routine

- (Re)connecting children with teachers and staff

Supporting Children to Adapt to New Safety Routines

- Explaining the rationales for adopting these routines in a fun and engaging way

Empowering Toddlers

- Nurturing autonomy



ADMINISTRATORS

Supporting Children during the Transition

- Teacher looping

Reducing or Eliminating Stigma Linked with COVID-19

- Adding guidelines to respect diversity in curricula and activities
- Setting protocols to maintain confidentiality about illness and quarantine

Emphasizing the Development of Socio-Emotional Skills in Curricula

- Teaching children to verbalize their feelings and resolve problems
- Adding yoga and mindfulness classes

Preparing for Inevitable Re-closures

- Training and supporting teachers in remote learning skills and practices
- Strengthening support for parents with remote learning



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