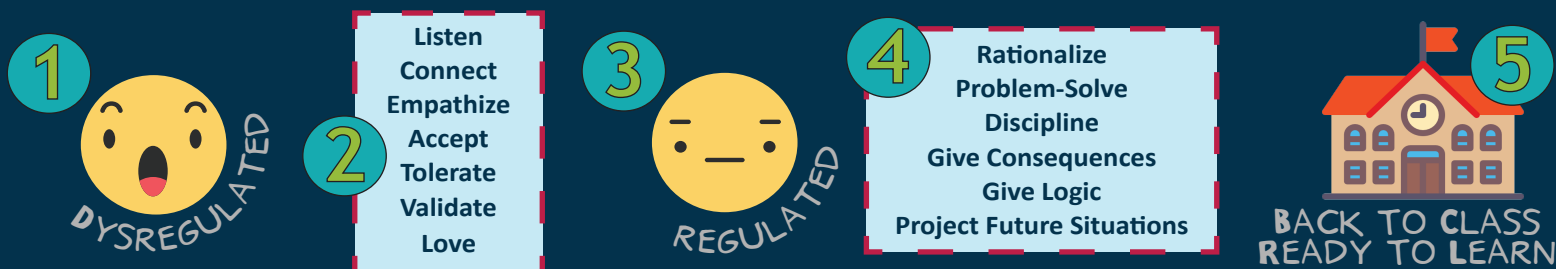


Guide to **Trauma-Informed Practices** for Professionals who Work with Children

5 STEPS TO RETURN TO LEARNING



From *The Trauma-Informed School* by Jim Sporleder & Heather T. Forbes. Copyright © 2016

BACK POCKET WORDS AND PHRASES

For Establishing Trust

You can trust me to take care of you.

I'm here for you.

You can count on me.

I want to help you with this.

I'm ready to help--just ask.

Can you trust me on this one?

I like helping you.

For Communicating Empathy

I'm sorry this is so hard for you.

Help me understand what's hard about it.

Can you tell me what you are feeling?

What does the feeling make you want to do?

What do you need right now?

I know it will be hard for you to have this consequence.

For When a Student is Dysregulated

This could be difficult for you; what can you do to help yourself?

I'm not mad; breathe.

We'll get through this together.

How can I help?

Everybody needs to be safe.

What calming strategy do you want to use right now?

Use your words.

For Addressing Unhelpful Actions

I see you need help with...

What is the rule about...?

Let's see if you can answer that question all by yourself.

Time for a do-over.

For Removing the Power Struggle

I can tell this is important to you.

It's okay to do this as long as you need to.

From *Building Trauma-Sensitive Schools: Your Guide to Creating Safe, Supportive Learning Environments for All Students* by Jen Alexander. Copyright © 2019