

# CHILD TRAUMA

## Trauma-Informed PDI Coaching Blurbs

Think about how trauma can influence a child's view of themselves, others, and the world. Use what you know about PCIT skills to help the caregiver begin to give their child messages that can repair trauma.

### FEAR/ANXIETY

- It can feel hard to discipline [Child] because she has been through so much. But kids want to know their parents can take care of them. So he knows that the world is a predictable place where when you break the rules, someone will help you learn to keep them. That is what you are doing with time out.
- [Child] doesn't like it when you leave the room but this is different than her feeling traumatized. You will let her know with your words that when she is in the chair, you will return. It's a perfect balance of limit setting while still letting her know you are still close.
- Great job staying calm through the sequence. The world can be a scary place for a kid who has experienced trauma. She is learning that your behavior is no longer scary even when she messes up.

### AGGRESSION

- Giving her a time out for hitting using the same sequence helps her feel safe even when she is angry.
- This will reduce the likelihood that his aggression will get worse as he gets older.

### CONTROLLING BEHAVIOR

- Traumatized children often want to take control of something and sometimes this comes out when you want her to do something [comply, sit in the chair, etc.]. You will give him back control through play when he is ready to mind you.

### AFFECTIONATE REPAIR

- Now that she has listened to the follow up command and she knows you are the boss, you can tell her, "I wonder if you want a hug now." Daddy will always love you even when you make the wrong choice. Time outs help you learn and grow.
- Now you can show him your relationship is still the same by using all those PRIDE skills for CDI recovery.
- You can address him flinching when you took him to time out now. Say something like, I use to hit to get you to listen but I know better ways now to help you learn. You are safe.