

Resources from the Field: Welcoming Families with a Trauma-Informed Approach



QSLA has gathered activities and practices that you and/or your fellow early educators use related to **Trauma-Informed Care** into this resource document. Check out the great ideas below – you never know what may spark your interest! Thank you to all early educators who shared their wisdom and experience!



Activity/Practice Name	Overview of the Activity/Practice	Links/Materials
Parenting Classes	<ul style="list-style-type: none"> • “We have offered parenting classes, such as <i>Abriendo Puertas (Opening Doors)</i> where we discuss mental Health and feelings.” 	Abriendo Puertas Curriculum
Voicing Feelings	<ul style="list-style-type: none"> • “We share our understanding of different feelings (i.e. sad, angry, happy, etc.) and encourage children and families to express them in healthy ways.” 	
Being careful with sight & noise	<ul style="list-style-type: none"> • For situations like nap time or games, giving children (and families) the option of closing their eyes, instead of requiring it. Not everyone feels safe doing so. • Warning children and families when loud music will be playing and/or being attentive to how someone may respond to songs, as they may be triggering. 	
Offering Resources	<ul style="list-style-type: none"> • Giving families resources or information if they need help. This can include print outs, resource websites or agency contact information. 	ex. QSLA's Concrete Supports Infographics
Offering Support	<ul style="list-style-type: none"> • Reaching out to families to let them know I am here for them and their child. 	Phone, computer (optional)
Naming Feelings	<ul style="list-style-type: none"> • When children are having a hard time with some feelings, we can give them a stuffed animal. This may help them share their feelings by using the stuffed animal like a puppet. 	Stuffed animal
Bean bag	<ul style="list-style-type: none"> • When they are angry or mad, let children use a soft bag, like a bean bag, to punch or shout into in order to release the feeling. 	Bean bag or pillow
Stuffed Animal	<ul style="list-style-type: none"> • “Let the children have a stuffed animal to help create a sense of safety. They can bring them from home!” 	Stuffed animal

