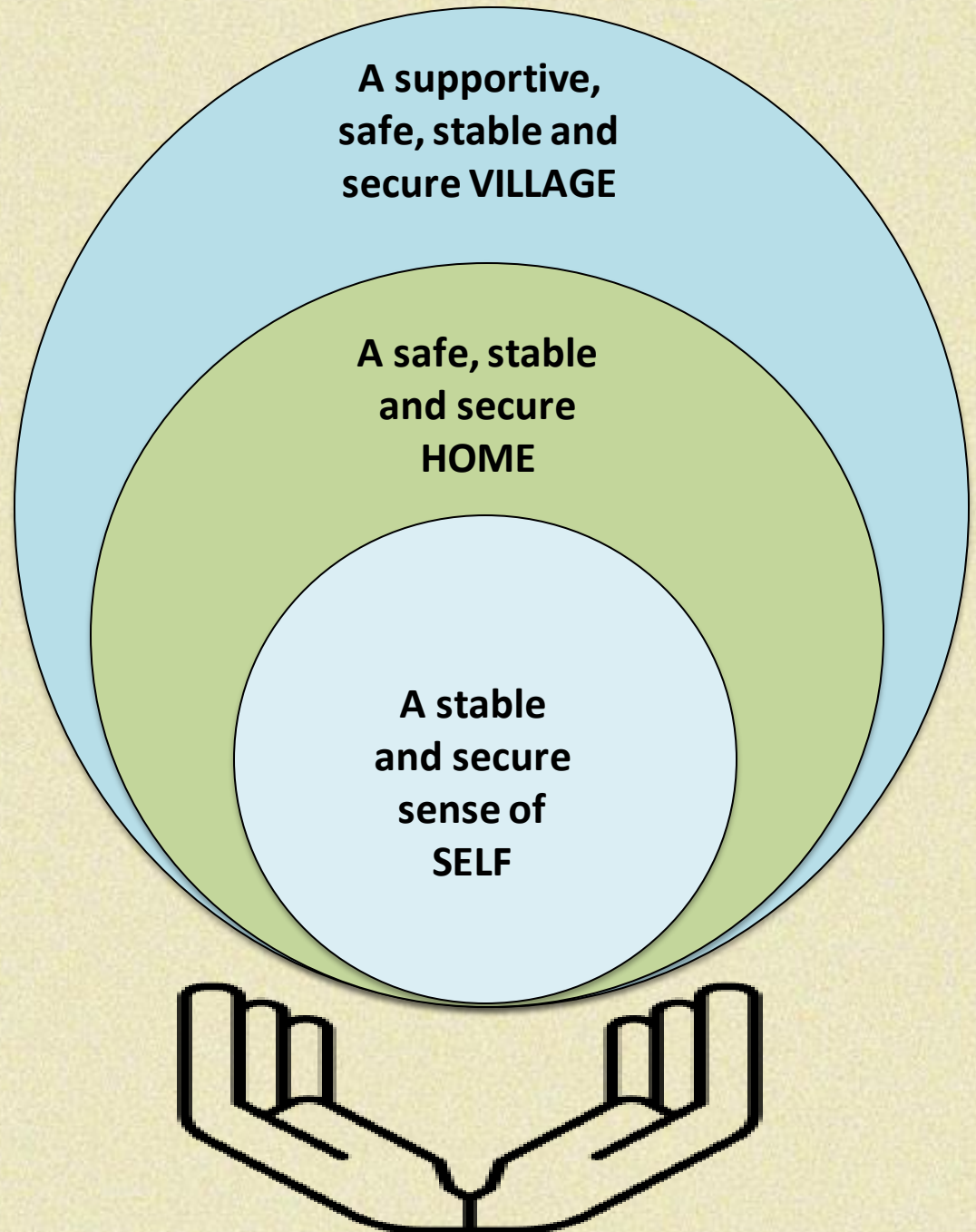


A Stable and Secure Base

Supporting Children and Young
People with Trauma in Permanency

**Supporting
Children and Young
people to
experience Stability
and Security**



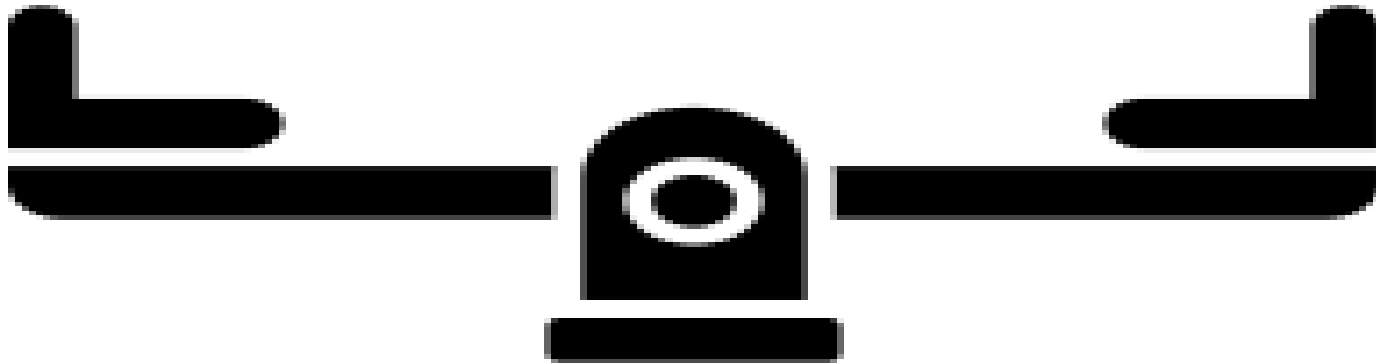
I can rely on you to provide comfort and protection when I need it



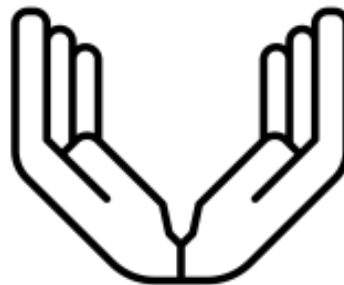
I can take risks and explore the world and know that you will be there

Attachment

Exploration

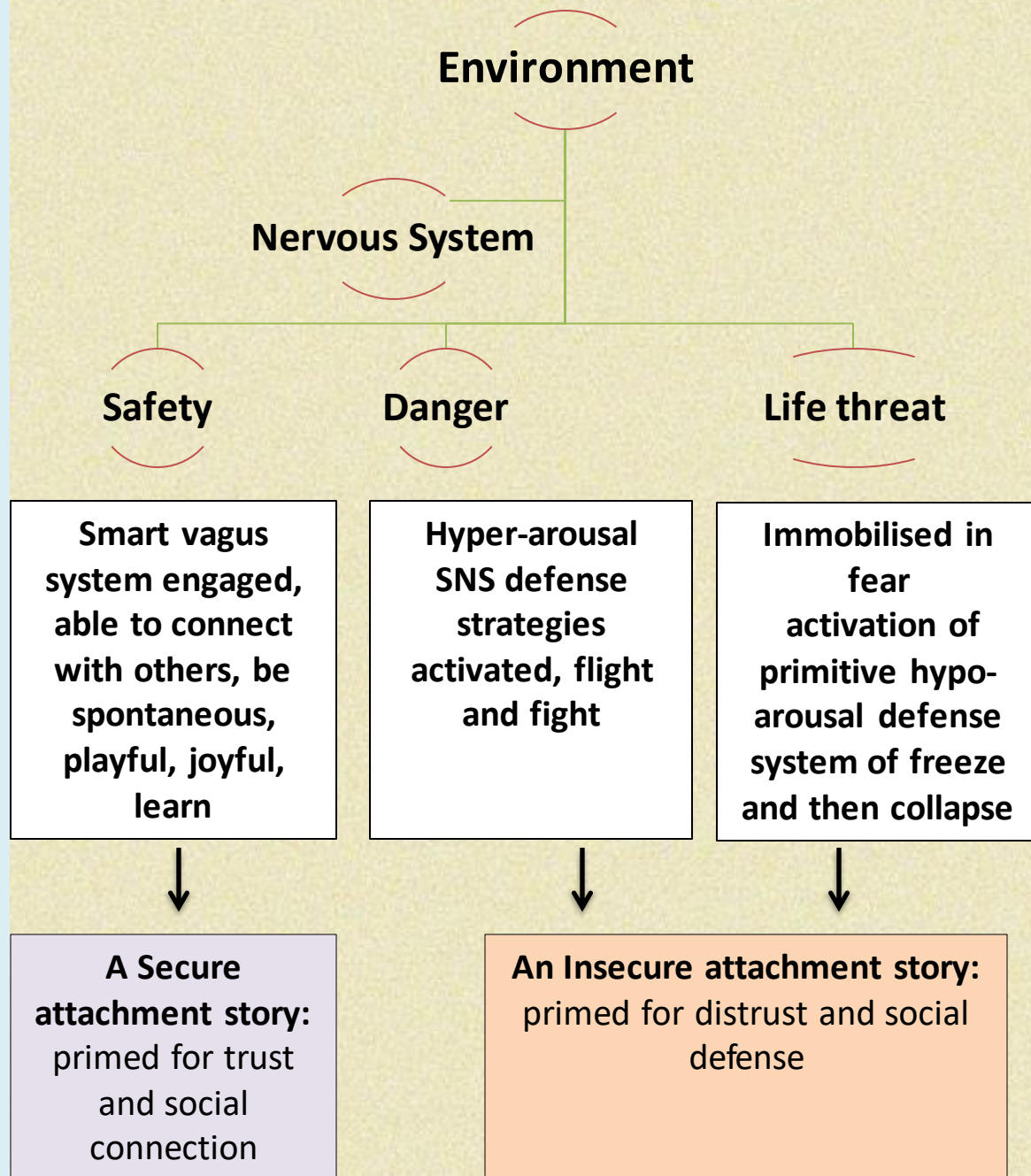


- you provide a safe base
- you are in charge in kind way

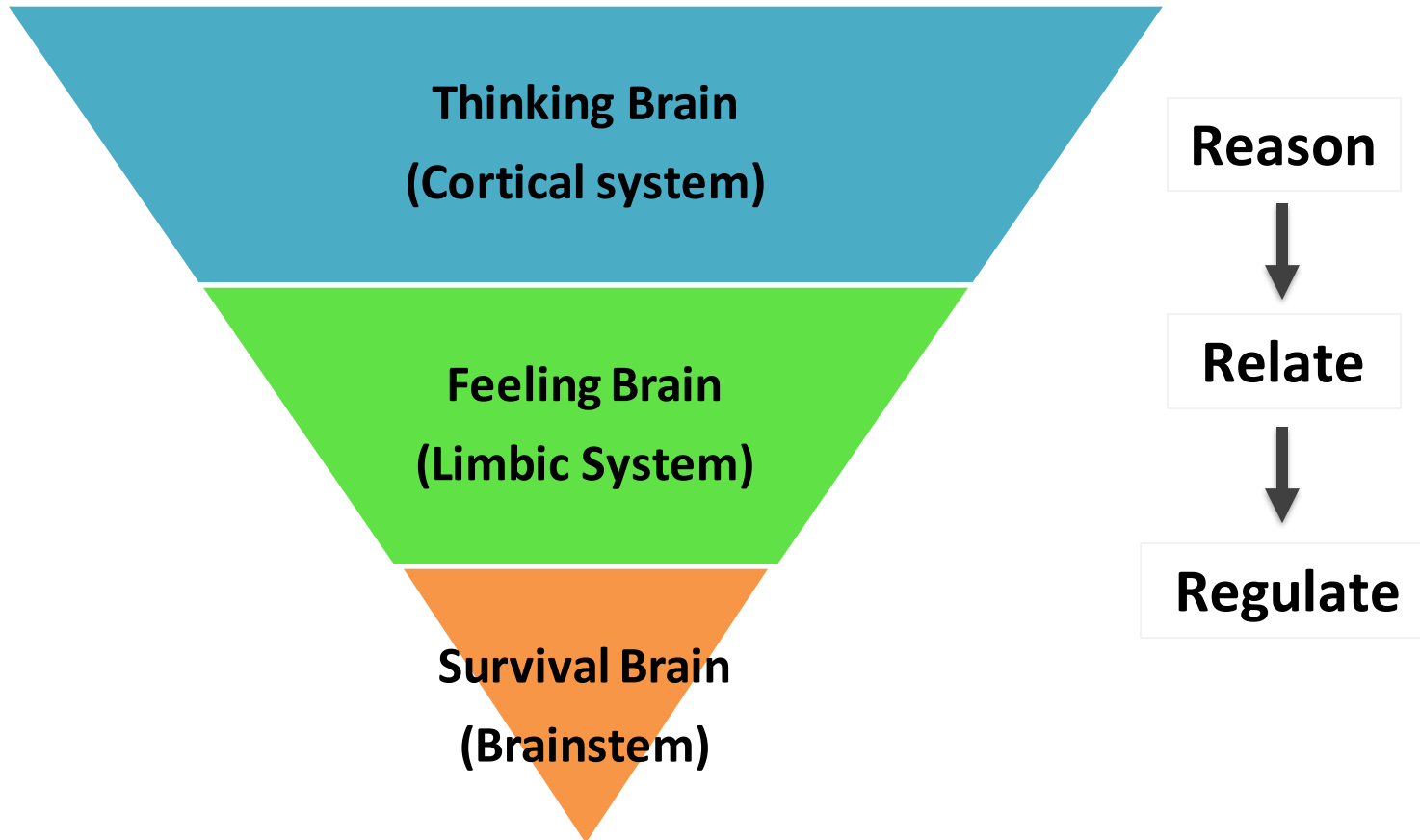


- you make repairs in our relationship
- you are a safe haven I can return to for comfort and security

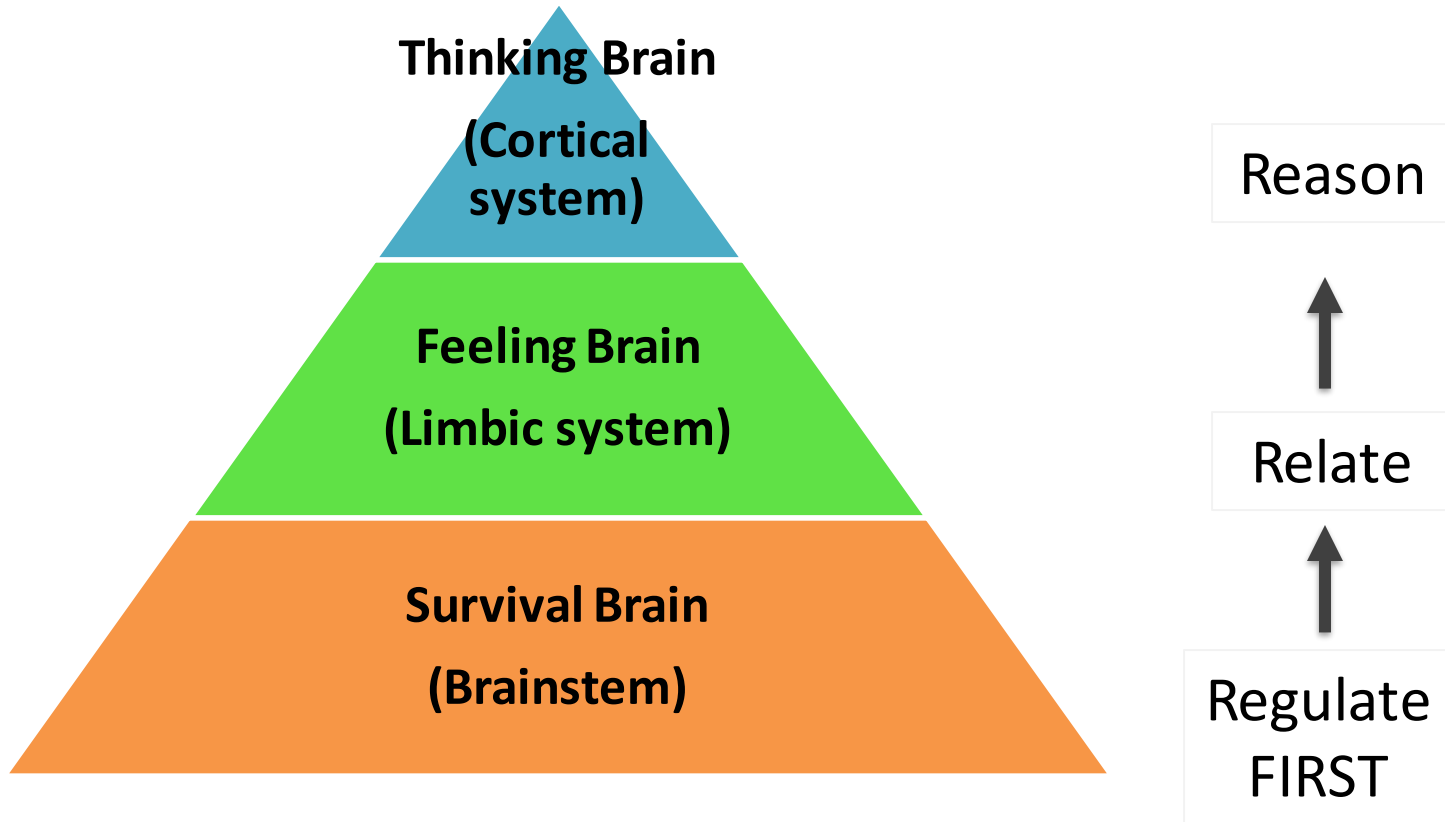
Understanding how relational trauma impacts a child's developing brain, sense of self and adaptive responses



A Trauma Informed Understanding of the Brain's State Dependent Functioning



When the amygdala is activated the brain's functioning TIPS



We need to be the amygdala whisperers

**A Safe, Stable and Secure
HOME:
Setting the foundations**



**Holding a Trauma Informed Parenting
Perspective to create Safety**

- Regulated and Responsive - “it’s not personal”
- Setting the tone of the home through:
 - Playfulness
 - Acceptance
 - Curiosity
 - Empathy
- Disciplining with TIP and ‘Connection before Correction’
- Repair: “The relationship is bigger than the behaviour”
- Responding to the child’s developmental age
- Reflect vs. Reacting

A Safe, Stable and Secure HOME:

Setting the foundations



Remembering the Missing Experience

- Emotional coaching to help with feelings, identification, expression and regulation
- Routine, predictability and consistency to help with cause and effect thinking and safety
- Rituals and connection to important relationships to help with a sense of belonging and continuity
- Age-appropriate truthful life story development that reduces shame and builds connections
- Experimenting with activities that build a strong self esteem and self efficacy

**A Supportive, Safe, Stable
and Secure VILLAGE for
the child**



- Family Time:
Permission, opportunities and support for meaningful, safe relationships with family they live with and family and important people they do not live with.
- Trauma informed schooling support and positive learning experiences
- Facilitation of friendships
- ‘Lighthouse’ Relationships
- Connection to Culture, language, place
- Trauma informed therapeutic supports

A Supportive, Safe, Stable and Secure VILLAGE for you

‘Blocked Care’ is a natural state for parents under stress to move into and a state that is recoverable

- Holding onto hope – recognising the small but significant changes
- Finding others who can help you hold onto hope and provide you with collective care
- PACE for yourself: opportunities to reflect & receive support
- Understanding trauma responses in children and young people can be reactivated and this can be an opportunity to process and integrate new learnings
- Self nurturing and care – even small doses can help the sympathetic nervous system to recover

With a Stable and Secure Sense of Self



- It is safe to be aware of my own thoughts, feelings and wishes
- I can begin to regulate and turn to support when I need it
- I can be my authentic self and be safe in relationships
- I can trust that there are people who will be there for me
- I can be open and engaged in the world around me, and explore and learn
- I have a sense of what is unique and special about me and where I belong

