

THE 3 PILLARS OF TRAUMA WISE CARE

BEING A TRAUMA INFORMED COMMUNITY

DID YOU KNOW, MUCH OF THE HEALING FROM CHRONIC STRESS AND TRAUMA TAKES PLACE WITHIN A CHILD OR YOUNG PERSON'S EVERYDAY EXPERIENCES?

This means any significant person in their life - like you, their carers, parents, teachers, coaches or community mentors - has the potential everyday to help them on their healing journey.

When you next meet with a child affected by trauma think about these three pillars and what it might mean for that child to feel safe and connected.

SAFETY

Feeling safe
Physical safety
Emotional safety
Cultural safety
Routines
Predictability

Safety is closely related to the quality of interpersonal connections

CONNECTIONS

Building social bonds
Caring adults, school and teachers, sporting teams and mentors, the community

It is through responsive and reciprocal relationships that healing occurs

COPING

Learning to safely manage emotions
Calm adults
Being present
Co-regulation
Emotional literacy

Co-regulation with empathetic caregivers leads to self regulation

Here to help! Come and talk to us if you would like more practical ways you can be trauma informed.

Sources:

> *The Three Pillars of Trauma Wise Care: Healing in the Other 23 Hours* (2015) by Howard Bath explores the three pillars framework and how it can empower people who deal directly in care or education with children who have experienced trauma.


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