

Trauma-Informed Teaching/Parenting in our New Online Environment

It's more important than ever before that we remember that anxiety impacts children's ability to learn. So trauma-informed strategies are really great practice for everyone working with any children. At ATN we teach trauma-informed school strategies from the framework of **Feel Safe – Be Connected- Get Regulated and Learn.*** Here are some tips for parents and teachers in this new virtual learning environment.



Feel Safe

Parents

- Validate feelings
- Establish routines
- Provide a space to work
- Work with your child to create a daily schedule



Teachers

- Validate effort
- Communicate with students AND parents
- Keep instructions and assignments simple
- Be flexible



Be Connected

Parents

- Listen with empathy
- Consistently encourage
- Support safe online connections with peers
- Make time to relax or play together



Teachers

- Use a variety of tools to interact with students
- Post pep talk messages for parents/students
- Remain connected with your colleagues
- Create a fun "class project"



Get Regulated

Parents

- Take care of your own mental, emotional and physical health
- Encourage your child to take short, frequent breaks that incorporate movement
- Encourage completion, not perfection
- Ask "How can I help? What do you need?"



Teachers

- Take care of your own mental, emotional and physical health
- Set boundaries on your "work time"
- Seek support from colleagues
- Model the use of regulation tools online



Learn

Parents

- Celebrate successes together
- Brainstorm how to overcome difficulties
- Encourage your child to ask for what they need
- Let your child do their work (not you)



Teachers

- Build student resilience by stressing what they CAN do – take care of themselves, their family, each other
- Be mindful of different learning styles
- Incorporate choices in assignments
- Use all levels of Bloom's Taxonomy



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*ATN's Creating Trauma-Sensitive Schools Framework presented here was developed by Jen Alexander in conjunction with ATN in 2016.