

# Family Support NEWS BRIEF

A publication of



CENTER FOR SCHOOLS AND COMMUNITIES



## Trauma-Informed Practices to Support Caregivers in Their Parenting

Many parents and their children have been impacted by some form of trauma. According to the National Council for Behavioral Health, “seventy percent of adults in the United States have experienced some type of traumatic event at least once in their lives.”<sup>1</sup> Additionally, two-thirds of children have reported at least one traumatic event by age 16.<sup>2</sup> This may be a challenge for parents supporting a child impacted by trauma. The effect of trauma may negatively affect children in relation to attachment, physical health, mental health, emotional responses, behaviors, and thinking and learning.<sup>3</sup> Family support organizations can help families cope with trauma by incorporating a trauma-informed approach.

Trauma-informed practices have six guiding principles, which include safety, trustworthiness and transparency,

peer support, collaboration and mutuality, empowerment, and cultural and historical issues.<sup>4</sup> Family-serving organizations can adopt several straightforward practices to enhance their services. These include training staff in trauma-informed care, conducting screenings, and partnering with local agencies and organizations to connect families with resources.<sup>5</sup>

When family support professionals are working directly with families, they can use several strategies to support families who have been affected by trauma. It is important for staff to build rapport and relationships with families, so they feel they have a trusted person to talk to. Family support professionals can also provide education on trauma such as traumatic experiences and resources available to families who need it.

Family support professionals can also educate parents on the most important aspects of parenting from a trauma-informed perspective. Staff can share parenting strategies such as being present with your child, creating positive experiences, shared decision-making, recognizing your child's fears, staying calm, and teaching mindfulness.<sup>6</sup>

### Resource on Trauma-Informed Parenting

PBS SoCal, [Why We Need Trauma-Informed Parenting More Than Ever](#)

### Sources

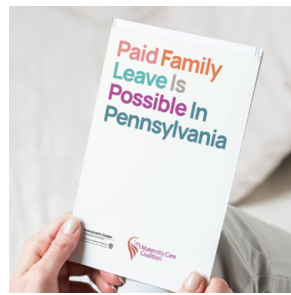
- 1 "How to Manage Trauma." The National Council, The National Council for Behavioral Health, 5 Feb. 2022, [www.thenationalcouncil.org/wp-content/uploads/2022/08/Trauma-infographic.pdf](http://www.thenationalcouncil.org/wp-content/uploads/2022/08/Trauma-infographic.pdf).
- 2 "Understanding Child Trauma." SAMHSA, SAMHSA's National Child Traumatic Stress Initiative, 17 Mar. 2023, [www.samhsa.gov/child-trauma/understanding-child-trauma](http://www.samhsa.gov/child-trauma/understanding-child-trauma).
- 3 Peterson, Sarah. "Effects." The National Child Traumatic Stress Network, 11 June 2018, [www.nctsn.org/what-is-child-trauma/trauma-types/complex-trauma/effects](http://www.nctsn.org/what-is-child-trauma/trauma-types/complex-trauma/effects).
- 4 "Infographic: 6 Guiding Principles to a Trauma-Informed Approach." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 17 Sept. 2020, [www.cdc.gov/orr/infographics/6\\_principles\\_trauma\\_info.htm](http://www.cdc.gov/orr/infographics/6_principles_trauma_info.htm).
- 5 Morrison, C., Sparr, M., & Ramsook, S. (2020, May). Implementing trauma-informed approaches in home visiting. National Home Visiting Resource Center Research Snapshot Brief. Arlington, VA: James Bell Associates.
- 6 Brown, April. "Why We Need Trauma-Informed Parenting More than Ever." PBS SoCal, 14 Sept. 2023, [www.pbssocal.org/education/parents/need-trauma-informed-parenting-ever](http://www.pbssocal.org/education/parents/need-trauma-informed-parenting-ever).

## Share Your Story

Please send your success stories or program news to share in future News Briefs to [Drewanne Kline](#).

## Family Support Webinar

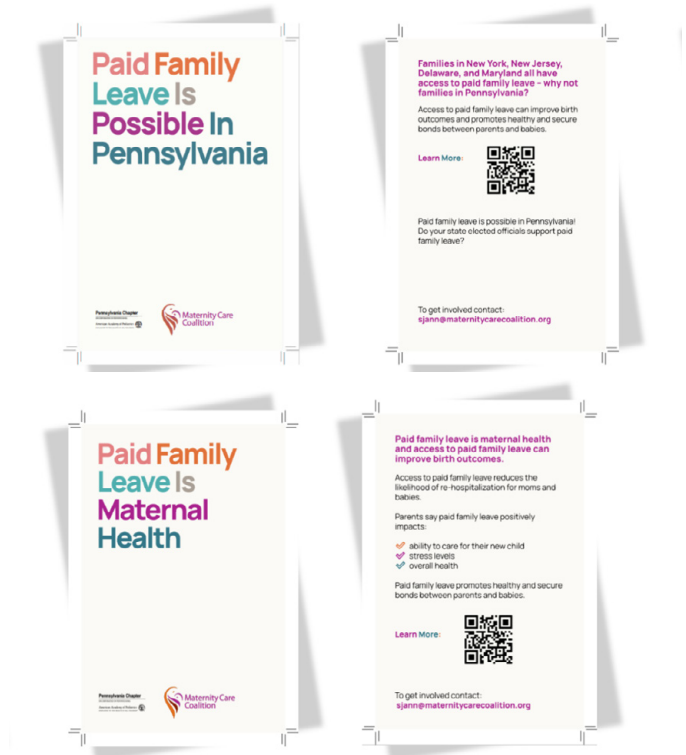
There will not be a webinar in July.  
We wish everyone a warm and happy summer!



## Increase Paid Family Leave Access Awareness

Help us to increase awareness about the importance of access to Paid Family Leave by sharing informational postcards with your clients and around your community.

Choose from two versions of the postcard which you can see below.



To receive Paid Family Leave postcards, email [ejensen@maternitycarecoalition.org](mailto:ejensen@maternitycarecoalition.org) with your shipping address and the postcard version you would like to receive.

## Pennsylvania Parents as Teachers Courses

FMI/FND, Date: July 29, 2024-August 9, 2024, Start Time: 8:00 CST

Instructors: Terry Wertman, Bethany Smith

Pennsylvania Virtual Foundational and Model Implementation Training

<https://ebiz.patnc.org/eBusiness/Private9Y4KLr/PrivViewClassInfo.aspx?ClassID=15443>

Pennsylvania Virtual Foundational Training

<https://ebiz.patnc.org/eBusiness/Private9Y4KLr/PrivViewClassInfo.aspx?ClassID=15444>



## Family Support Team

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Pennsylvania Parents as Teachers at Center for Schools and Communities

Pennsylvania Children's Trust Fund

Pennsylvania Strengthening Families

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# Safe Kids Corner

## Five Ways to Make Sure Kids Stay Safe Around Fireworks

Everyone loves the Fourth of July — especially my daughter, Lily. At 4, she is finally old enough to appreciate the fireworks at our local park. I am looking forward to seeing her face light up (quite literally) when she watches the display of bangs, bursts, and sparkles. But with the “oohs” and “aahs” there is also a little bit of “eeeeee!” because of the potential danger fireworks pose.

### How to Keep Your Family Safe with Fireworks

I will be taking these five steps to heart so that my daughter, her friends, and our family have a safe and enjoyable celebration:

- 1. Leave fireworks to the pros.** The best way to protect your family is to not use any fireworks at home. Instead, attend public fireworks displays and leave the lighting to the professionals
- 2. Find a substitute for sparklers.** Little arms are too short to hold sparklers, which can heat up to 1,200 degrees. How about this instead? Let your young children use glow sticks. They can be just as fun, and they do not burn at a temperature hot enough to melt glass
- 3. Take necessary precautions.** If you do decide to light fireworks yourself, be extra careful. Make sure you're not wearing loose clothing when handling matches or fireworks. Never use fireworks indoors. Outside, point them away from homes and people, and steer clear of brush, leaves, dry grass, and flammable substances
- 4. Keep your distance.** Make sure everyone is positioned far back from where fireworks are being lit. If a device does not go off, do not stand over it to investigate. Instead, have a bucket of water nearby to make sure it's out
- 5. Be prepared for a problem.** Keep a fire extinguisher nearby and make sure you know how to operate it properly. When you're finished with the fireworks, douse the remains with a bucket of water before disposing of them to avoid a trash fire.

Please share these tips with your family and neighbors so that everyone can truly enjoy the Fourth of July!

Be sure to also check these [summer safety tips](#) to have some safe and worry-free days in the sun.

Source: Safe Kids Worldwide