



American Academy of Pediatrics  
**TRAUMA-INFORMED CARE**  
**KEY MESSAGES AND**  
**COMMUNICATIONS TOOLKIT**

**USER NOTE:** This toolkit includes resources developed by the American Academy of Pediatrics (AAP) national office and can be used for a variety of audiences and goals. Chapters are encouraged to utilize the resources and content that best fits the unique needs of their communities and projects.

The tools, resources, and messages in this toolkit can be used within chapter communication and education efforts to help build awareness around and support implementation of trauma-informed care. All material referenced in this toolkit can be used to support or implement principles of trauma-informed pediatric care in practice.

This toolkit will be updated as new resources and promotional assets are developed.

**Last Updated: August 2023**

**Note:** This toolkit contains information about resources and promotional assets developed by the AAP national office, as well as suggestions on how each can be used. **Chapters are encouraged to integrate the key messages, social media assets, and resources into their communication with membership, families, and the community, as well as in educational events that are supported by funding from this chapter grant opportunity.**

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# Key Messages: Trauma-Informed Pediatric Care

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**Note:** Chapters are encouraged to review the key messages listed below and integrate them into their chapter’s messaging and education around trauma-informed pediatric care. This is not an exhaustive list, and other messages may be included in chapter efforts that are not listed here.

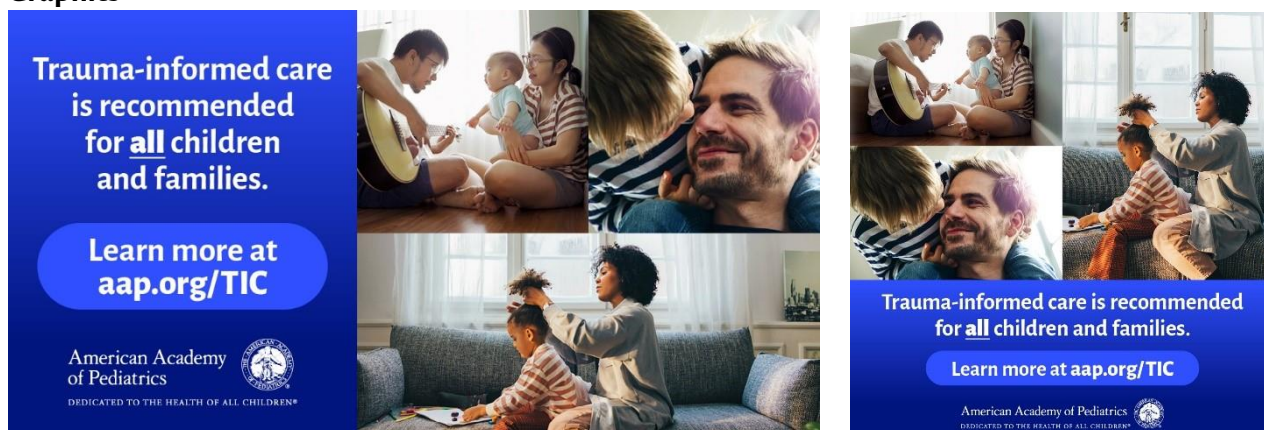
- **All children experience stress and adversity** in their lives. [Almost two-thirds](#) of American children have faced at least 1 potentially traumatic early childhood experience.
- A trauma-informed approach shifts the narrative from “what’s wrong with you?” to “**what happened to you?**” and “**what’s strong with you?**” It requires a compassionate approach that does not suggest blame and requires health care workers at every level to understand the context of a child’s relationships.
- Pediatric health care clinicians should take a trauma-informed approach with **all patients and families – not just those who have disclosed trauma or adversity.**
- Trauma informed care is relational care - **every interaction matters.** Trauma-informed care starts with listening, validating, and offering support.
- TIC acknowledges that **relationships are the foundation** for both trauma *prevention* (relationships provide the positive childhood experiences that discourage and buffer adversity) and *treatment* (relationships build the skills needed to adapt to adversity in a healing, adaptive, and growth-promoting manner).
- **Adversity is a spectrum** that spans from traumatic, discrete, threatening events (e.g., abuse, violence, disasters) to on-going, chronic conditions (e.g., exposure to poverty, hunger, racism, or social isolation).
- **Stress becomes toxic** when there is prolonged or frequent activation of the body’s stress response systems, in the **absence of protective relationships.**
- Principles of trauma-informed care need to be implemented at the organizational and care-delivery levels. According to the [CDC and SAMHSA](#), the **6 guiding principles to a trauma-informed approach are:**
  1. **Safety**
  2. **Trustworthiness and transparency**
  3. **Peer support**
  4. **Collaboration and mutuality**
  5. **Empowerment and choice**
  6. **Cultural, historical, and gender issues**
- **Most pediatric providers are already practicing elements of trauma-informed pediatric care.** Pediatric primary care is grounded in the formation of a therapeutic relationship. By embracing relational health, pediatricians can follow their instincts and dig deeper into the relationships that buffer adversity and build resilience.
- **ACE scores have limitations.** They predict population outcomes – not individual outcomes – and do not measure trauma in all forms, or the severity, chronicity, or frequency of trauma.

# Social Media

AAP project staff created the following messages, in partnership with the AAP Communications team. Chapters may share these messages as part of their own communications campaigns and are welcome to modify and supplement them with their own resources as applicable.

These messages are intended for a pediatric health care professional audience – additional messages for a family audience are being developed by the AAP Communications team and will be added to this toolkit once they are developed.

## Graphics



## Content

Facebook/Twitter/X:



Pediatrician & former AAP President Dr Moira Szilagyi [shares](#) the importance of implementing trauma-informed care in practices. Trauma can affect children’s lifelong health and social well-being but there are things pediatricians can do to help. Learn more at <http://aap.org/tic>.

\*\*LINK TO THIS VIDEO: <https://youtu.be/nqMBZVzT63k>

Facebook/Instagram:

Pediatricians are likely to be the first, and often only, medical professionals who encounter the 68% of children in the United States who have experienced trauma and have the greatest potential to identify and respond to childhood trauma. Visit [www.aap.org/tic](http://www.aap.org/tic) to learn more about trauma-informed care and find resources like online courses, infographics, videos, and more.

*Facebook/LinkedIn:* Pediatricians see many children and families who may be experiencing adversity or trauma. Trauma can affect children's lifelong physical and mental health – but pediatricians can help. Pediatrician and former AAP President Dr Moira Szilagyi [shares](#) the importance of implementing evidence-based, trauma-informed care and resilience promotion in pediatric health care settings. Learn more at [AAP.org/TIC](https://www.aap.org/tic).

*Twitter/x:*

Pediatrician & former AAP President Dr Moira Szilagyi [shares](#) the importance of implementing trauma-informed care in practices. Trauma can affect children's lifelong health and social well-being but there are things pediatricians can do to help. Learn more: [aap.org/tic](https://www.aap.org/tic).

*LinkedIn:* Childhood adversities and trauma, which are highly prevalent among the general pediatric population, can negatively affect lifelong health and social outcomes. A new video-based online course from the AAP aims to empower pediatricians and healthcare professionals with the knowledge and skills to implement trauma-informed care and resilience promotion in everyday practice. [Register here:](#) [https://shop.aap.org/trauma-informed-care-and-resilience-promotion/?\\_ga=2.109991685.1452171740.1681823661-1051804721.1600095492](https://shop.aap.org/trauma-informed-care-and-resilience-promotion/?_ga=2.109991685.1452171740.1681823661-1051804721.1600095492). For more information on trauma-informed care, visit [www.aap.org/tic](https://www.aap.org/tic).

# Resources for Clinicians

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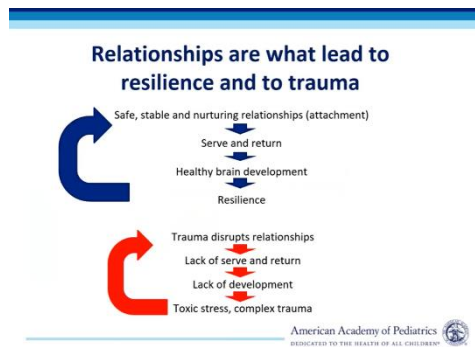
## Pediatric Approach to Trauma, Treatment and Resilience (PATTeR)

**PATTeR ECHO Series:** The Pediatric Approach to Trauma, Treatment and Resilience (PATTeR) educational series, *Trauma and Resilience*, used the Extension for Community Healthcare Outcomes (ECHO) model.

ECHO is an internet-based, interactive learning model that uses video conferencing technology to bring together specialty care providers/experts and providers in local communities. Each live ECHO session consists of a didactic presentation and de-identified case-based discussion.

**Currently, no live AAP Trauma and Resilience ECHO sessions are being implemented; however, video recordings from previous cohorts are provided below.**

## ECHO: Level 1 AAP Trauma and Resilience ECHO



**Purpose:** This series consists of 6 sessions and was designed to help the learner develop familiarity with childhood trauma, its presentation in pediatric practice, its impact and effect, and basic skills to support families who have experienced trauma.

**Uses:** This ECHO series can be shared with pediatric providers as an educational and training resource. Some past program participants now use these recordings to support education and training with residents. For example, residents can watch the recordings and engage in reflective discussions following each session.

**Access:** [Level 1 AAP Trauma and Resilience ECHO](#) (middle of web page)

Session 1: [Overview of Trauma and Resilience](#)

Session 2: [Physiology of Trauma](#)

Session 3: [Engagement and Screening](#)

Session 4: [Promoting Resilience](#)

Session 5: ["How To": What to Say and Do in the Office](#)

Session 6: [You Already Do This: How to Incorporate Trauma Informed Care Into Your Everyday Practice](#)



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## ECHO: Level 2 AAP Trauma and Resilience



**STS Preventive strategies also have affiliate component**

- Psychoeducation
- Skills training
- Supervisory support

Spring, G., Cheng, C., & Clark, J. (2015). Secondary traumatic stress and burnout in child welfare workers: a comparative analysis of occupational stressors across professional groups. Child Welfare, 94(6), 149-166.

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®

**Purpose:** This series consists of 12 sessions and was designed to help the learner develop advanced clinical skills in trauma recognition, screening and response, interventions and resources, and competency to implement trauma-responsive care in their own practice and train others. You can view all didactic recordings below.

**Uses:** This series can be shared with pediatric providers as an educational and training resource. Some past program participants now use these recordings to support education and training with residents. For example, residents can watch the recordings and engage in reflective discussions following each session.

**Access:** [Level 2 AAP Trauma and Resilience \(middle of web page\)](#)

Session 1: [Burnout and Secondary Traumatic Stress](#)

Session 2: [Epigenetics](#)

Session 3: [Understanding Attachments: A Deeper Dive](#)

Session 4: [Trauma Symptoms](#)

Session 5: [Parental ACEs](#)

Session 6: [Positive Purposeful Parenting](#)

Session 7: [Culture And Trauma](#)

Session 8: [How Trauma Presents Across the Age Span](#)

Session 9: [Evidence-based Treatments of Trauma](#)

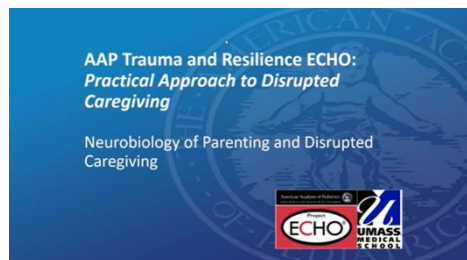
Session 10: [Trauma Assessment and Suicide Prevention](#)

Session 11: [Promoting Regulation](#)

Session 12: [Weave: When Everything You Already Ventured isn't Enough](#)

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## ECHO: AAP Trauma and Resilience ECHO: Practical Approach to Disrupted Caregiving series



**Purpose:** This series consists of 4 sessions and was designed to help the learner develop advanced understanding of the neurobiology involved in parenting and how the neural pathways can be disrupted. You can view all 4 didactic recordings below.

**Uses:** This ECHO series can be shared with pediatric providers as an educational and training resource.

**Access:** [AAP Trauma and Resilience ECHO: Practical Approach to Disrupted Caregiving series](#)

Session 1: [Neurobiology of Parenting and Disrupted Caregiving](#)

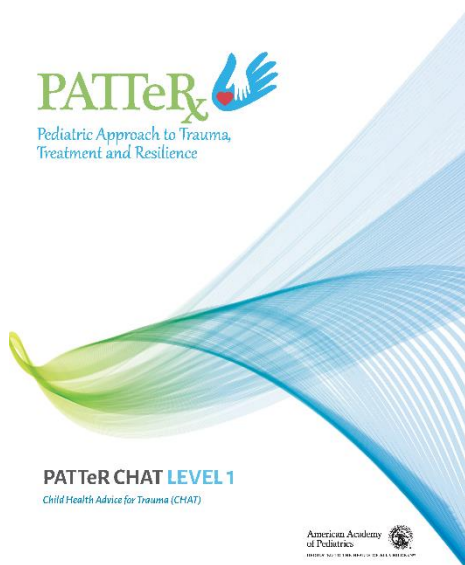
Session 2: [Engagement and Coaching Caregivers in the Context of Disrupted Caregiving](#)

Session 3: [Surveillance and Support in Setting of Substance Misuse by Caregivers](#)

Session 4: [Bedside and Beyond the PPD Screeners: Pediatric Care and Caregiver Mood Disorder](#)

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## Manual: PATTeR Child Health Advice for Trauma (CHAT) Manual Level 1



**Purpose** PATTeR CHAT is a resource for those who have completed the AAP Trauma and Resilience ECHO series (above).

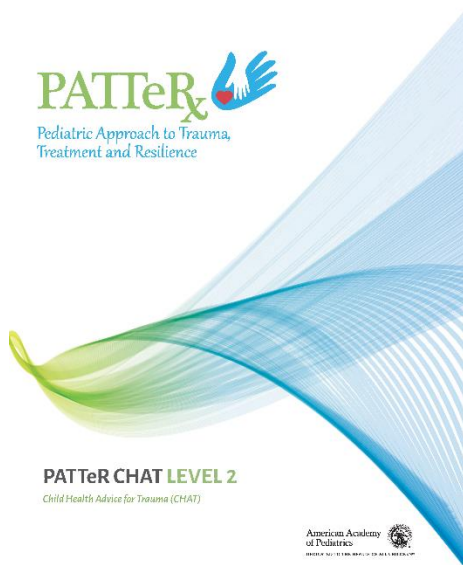
PATTeR CHAT resources are intended to be used as reminders of curricular material, tools that can be adapted for office or clinic use, and handouts to share with colleagues or patients. This is not intended to be a review or summary of the course and is not intended to substitute for participation in the PATTeR program. The resources coincide with the lessons of PATTeR Level 1.

**Uses:** This manual can be shared with pediatric providers as an educational and training resource to complement the PATTeR ECHO series level 1.

**Download:** [PATTeR Child Health Advice for Trauma \(CHAT\) Manual Level 1](#)

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## Manual: PATTeR Child Health Advice for Trauma (CHAT) Manual Level 2



**Purpose:** PATTeR CHAT is a resource for those who have completed the AAP Trauma and Resilience ECHO series.

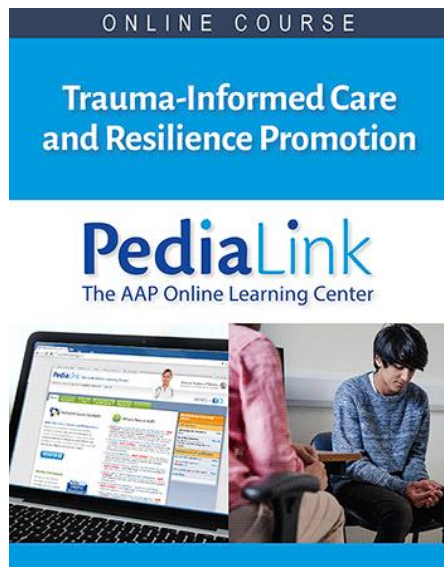
PATTeR CHAT resources are intended to be used as reminders of curricular material, tools that can be adapted for office or clinic use, and handouts to share with colleagues or patients. This is not intended to be a review or summary of the course and is not intended to substitute for participation in the PATTeR program. The resources coincide with the lessons of PATTeR Level 2.

**Uses:** This manual can be shared with pediatric providers as an educational and training resource to complement the PATTeR ECHO series level 2.

**Download:** [PATTeR Child Health Advice for Trauma \(CHAT\) Manual Level 2](#)

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## Online Pedialink Course: Trauma-Informed Care and Resilience Promotion



**Overview:** Childhood adversities and trauma, which are highly prevalent among the general pediatric population, can negatively affect lifelong health, child development, and social outcomes. This six-session video-based series aims to empower pediatricians and healthcare professionals with the knowledge and skills to implement evidence-based, trauma-informed care and resilience promotion in their everyday practice. These comprehensive videos thoroughly review the most common symptoms of trauma, identify strategies for caregivers and physicians to use to promote resilience skills and recognize the developmental and health impacts of trauma, provide guidance on effective screening and surveillance tools, offer techniques for managing trauma symptoms, and suggest when and how to refer or prescribe. *\*Share as an educational resource that offers 3 CME and 3 MOC Part 2 credits, free to AAP members, via social media – newsletter – email*

**Access:** [Trauma-Informed Care and Resilience Promotion](#)

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## Video Series: Video Case Vignette Series



**Purpose/Key Message:** The Pediatric Approach to Trauma, Treatment and Resilience (PATTeR) video case vignette series demonstrates an effective workflow for screening, referral, and follow-up for trauma. The series is produced as 3 videos; 1) Attachment, Resilience, and Trauma; 2) Shared Power and Difficult Conversations; and 3) Talking to Teens About Trauma. Each full video is separated into shorter clips to highlight important teaching points.

**Uses:** This video series can be shared with pediatric providers as an educational and training resource to develop effective workflow for supporting families who have experienced trauma and promoting resilience.



### Video Series 1: Attachment, Resilience and Trauma

**Purpose/Key Message:** In this video, the pediatrician engages with his 9-year-old patient Jake and his mom and demonstrates predictable compassionate availability, allowing the family to feel safe to express their distress and helping them regulate that distress. **The pediatrician models surveillance, screening, and resilience by asking open ended questions and starting from a resiliency approach.**

- Section 1 – [Engagement](#)
- Section 2 – [Attachment](#)
- Section 3 – [Surveillance](#)
- Section 4 – [Screening](#)
- Section 5 – [Resilience](#)
- Section 6 – [Trauma reactions](#)
- Section 7 – [Naming feelings](#)
- Section 8 – [Setting up the framework](#)



### Video Series 2: Shared Power and Difficult Conversations

**Purpose/Key Message:** In this video, the pediatrician reengages with his 9-year-old patient Jake and his mom and demonstrates how nonverbal communication can help regulate and help promote healing. **The pediatrician explains the concept of the “invisible suitcase” and refers to a trauma informed mental health provider for therapy.**

- Section 1 – [Reengagement](#)
- Section 2 – [Nonverbal communication](#)
- Section 3 – [Matching affect](#)
- Section 4 – [Invisible suitcase](#)
- Section 5 – [Regulating emotions](#)
- Section 6 – [Referral](#)
- Section 7 – [Wrapping up](#)

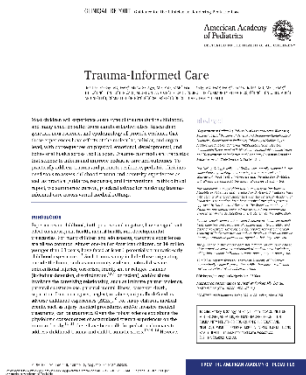


### Video Series 3: Talking to Teens About Trauma

**Purpose/Key Message:** In this video, the pediatrician engages with his teen patient, **demonstrates the steps in talking with teens about trauma and explains the importance of displaying acceptance, curiosity, and empathy.**

- Section 1 – [Steps in talking to teens](#)
- Section 2 – [Acceptance](#)
- Section 3 – [Curiosity](#)
- Section 4 – [Empathy](#)

## Clinical Report: Trauma-Informed Care



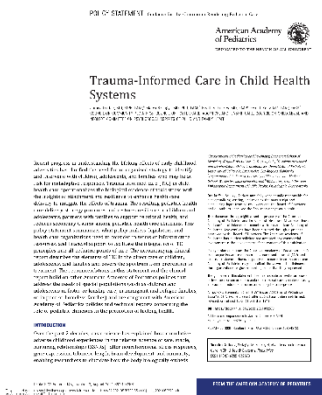
**Purpose/Key Message:** This clinical report summarizes current, practical advice for rendering trauma-informed care (TIC) across varied medical settings.

**Uses:** Share the clinical report with pediatric healthcare providers to improve provider knowledge on practicing trauma-informed care.

\*Clinician-targeted social media – email – newsletters

**Download:** [Trauma-Informed Care](#)

## Policy Statement: Trauma-Informed Care in Child Health Systems



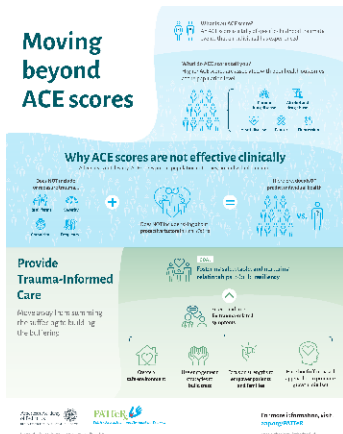
**Purpose/Key Message:** This policy statement summarizes what policy makers, legislators, and health care organizations need to consider in terms of infrastructure, resources, and financial support to facilitate the integration of TIC principles into all pediatric points of care.

**Uses:** Share the policy statement with pediatric healthcare providers as a resource to promote systems change towards integrating trauma-informed care universally.

\*Clinician-targeted social media – email – newsletters

**Download:** [Trauma-Informed Care in Child Health Systems](#)

## Infographic: Moving Beyond ACE Scores



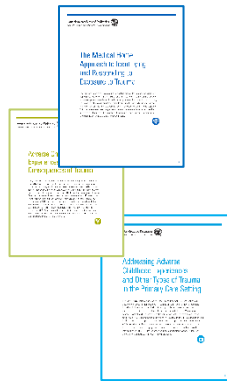
**Purpose/Key Message:** This infographic explains why collecting Adverse Childhood Experiences (ACE) score is not effective clinically and how to provide trauma-informed care instead. TIC is holistic and focuses on nurturing relationships and resiliency in children, youth, and families.

**Uses:** Download and share the infographic below to help pediatricians and pediatric healthcare providers understand why ACE scores are not effective clinically and what to do instead.

\*Clinician targeted social media – medical conferences – newsletters

**Download:** [Moving beyond ACE scores infographic](#)

## Series: Trauma Toolbox for Primary Care

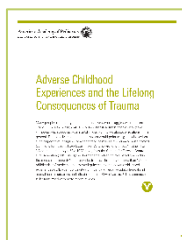


**Purpose:** This 6-part series was designed with the primary care practice in mind – those who may or may not be familiar with adverse childhood experiences (ACEs) and the process of asking families about exposure to ACEs or other traumatic events.

**Uses:** Offers information and guidance on supporting children who have experienced trauma \*Chapter newsletters – meetings – emails

**Access:** [Trauma Toolbox for Primary Care](#)

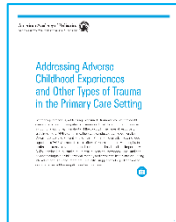
**Article:** Adverse Childhood Experiences and the Lifelong Consequences of Trauma



**Purpose:** This document explains ACEs and how they contribute to adult physical and mental health outcomes.

**Download:** [Adverse Childhood Experiences and the Lifelong Consequences of Trauma](#) | Spanish version available: [Las experiencias infantiles adversas y las consecuencias del trauma para toda la vida](#)

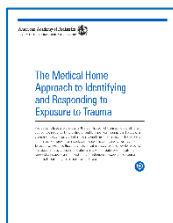
**Article:** Addressing Adverse Childhood Experiences and Other Types of Trauma in the Primary Care Setting



**Purpose** This document provides initial suggestions for pediatricians to consider when addressing ACEs in their practices.

**Download:** [Addressing Adverse Childhood Experiences and Other Types of Trauma in the Primary Care Setting](#) | Spanish version available: [Cómo abordar las experiencias infantiles adversas y otros tipos de traumas en el ámbito de la atención primaria](#)

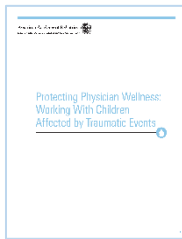
**Article:** The Medical Home Approach to Identifying and Responding to Exposure to Trauma



**Purpose** This information provides an introduction to specific things pediatricians can do to recognize evidence that a traumatic event has occurred and how to respond.

**Download:** [The Medical Home Approach to Identifying and Responding to Exposure to Trauma](#)

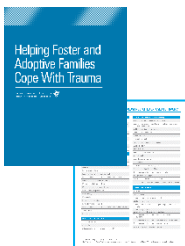
**Article:** Protecting Physician Wellness: Working With Children Affected by Traumatic Events



**Purpose:** Pediatricians need to take care of themselves. The stress from working with children who have experienced traumatic events like ACEs can be particularly hard on pediatricians and their teams.

**Download:** [Protecting Physician Wellness: Working With Children Affected by Traumatic Events](#) | Spanish version available: [Cómo cuidar el bienestar del médico: la labor con niños afectados por hechos traumáticos.](#)

**Series:** Helping Foster and Adoptive Families Cope With Trauma: A Guide for Pediatricians

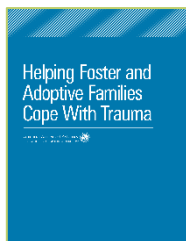


**Purpose:** In partnership with the Dave Thomas Foundation for Adoption and Jockey Being Family, the AAP has developed materials for pediatricians on how to support adoptive and foster families. It offers information and guidance on supporting adoptive and foster families.

*\*Chapter newsletters – meetings - emails*

**Access:** [Helping Foster and Adoptive Families Cope With Trauma: A Guide for Pediatricians](#)

**Article:** Helping Foster and Adoptive Families Cope With Trauma: A Guide for Pediatricians



**Purpose:** The purpose of this guide is to support adoptive and foster families by strengthening the abilities of pediatricians to:

1. identify traumatized children
2. educate families about toxic stress and the possible biological, behavioral, and social manifestations of early childhood trauma
3. empower families to respond to their child's behavior in a manner that acknowledges past trauma but promotes the learning of new, more adaptive reactions to stress.

**Download:** [Helping Foster and Adoptive Families Cope With Trauma: A Guide for Pediatricians](#) | Spanish version available: [Cómo ayudar a familias con hijos adoptivos y en acogida a sobrellevar trauma](#)

**Article:** Diagnosis/Coding Tips and Screening Tools



**Purpose:** On one side of this handout is a list of diagnoses to consider when evaluating a child exposed to trauma.

**Download:** [Diagnosis/Coding Tips and Screening Tools](#)

# Resources for Families

## Article: When Things Aren't Perfect: Caring for Yourself and Your Children

American Academy of Pediatrics  
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### When Things Aren't Perfect: Caring for Yourself and Your Children

"Kids are resilient..."

We hear this message all the time: "Kids are resilient!" We usually hear it when hard things have happened—divorce, violence in the community, death of a loved one, and the list goes on. These events can cause a lot of stress for some children, and often kids need help. But right in our own homes, the events can cause damage. As we learn more about how children's brains develop, we understand that ongoing stressful experiences can cause real damage to the brain and to children's overall physical and mental health and well-being—over the long term. The Adverse Childhood Experiences (ACE) Study, a landmark study, shows us that diseases like diabetes, high blood pressure, obesity, substance abuse, and others are much more common in adults who experienced serious adversity when they were children. The greater the number of adverse childhood experiences (ACEs), the more likely adults will experience poor health outcomes. There are a number of different factors that play a role in how children will respond to the stress.

**Purpose/Key Message:** This article explains how stress affects the body and that ongoing stressful experiences can cause real damage to the brain and to children's overall physical and mental health and well-being—even into adulthood.

**Uses:** The article can be shared on social media as a resource for parents and caregivers. Or, it can be printed out and given to parents and caregivers to help them understand the link between stress and adverse effects on health.

*\*Provider and/or parent centered social media – clinician offices – newsletters*

**Download:** [When Things Aren't Perfect: Caring for Yourself & Your Children](#) | Spanish version available: [Cuando las cosas no van a la perfección: cómo cuidar de sí mismo y de los hijos Los niños son resilientes...](#)

## Guide: Parenting After Trauma: Understanding Your Child's Needs – A Guide for Foster and Adoptive Parents



**Purpose/Key Message:** This guide discusses how all children need homes that are safe and full of love. Children who have experienced severe trauma may need more. Early, hurtful experiences can cause children to see and react in different ways. Some children who have been adopted or placed into foster care need help to cope with what happened to them in the past.

**Uses:** The article can be shared on social media as a resource for parents and caregivers. Or, it can be printed out and given to the parents and caregivers to help them care for their child.

*\*Provider and/or parent centered social media – clinician offices – newsletters*

**Download:** [Parenting After Trauma: Understanding Your Child's Needs | A guide for Foster and Adoptive Parents](#)



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## Series: Safe and Sound- Helping Children Who Have Experienced Trauma and Adversity



**Purpose:** Created with support from the Dave Thomas Foundation for Adoption and Jockey Being Family, this series of resources is designed to help children who have experienced trauma and adversity, by helping their parents, caregivers, and other adults in their lives understand how that early trauma may have affected them. Each guide can be downloaded and shared to provide ideas for how to help children, and links to additional information and resources.

**Uses:** These resources can be shared on social media as a resource for parents and caregivers. Or, it can be printed out and given to parents and caregivers to help them care for their child.

\* *social media – clinician offices – newsletters*

**Access:** [Safe and Sound- Helping Children Who Have Experienced Trauma and Adversity](#)

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**Guide:** Responding to the Experiences of Children Adopted or in Foster Care - A Guide for Parents



**Purpose:** This first guide explains how trauma can affect a child's development and behavior and offers practical strategies for trauma-informed parenting that promote healing and make a family's day-to-day life less stressful.

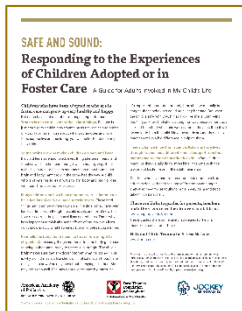
**Download:** [Responding to the Experiences of Children Adopted or in Foster Care - A Guide for Parents](#)

**Form for Pediatrician:** Important Information About My Child's History

**Purpose:** Parents and caregivers can complete, print, and share this form with their child's pediatrician. It is important that their child's pediatrician is aware of the child's past experiences, so that they can understand any current struggles in light of those past traumas. This will allow the child's parents and pediatrician to work together to find resources that can support the family in caring for the child, as well as obtain evidence-based treatments for the child.

**Download:** [Important Information About My Child's History](#)

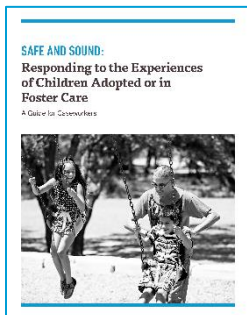
## Guide: Responding to the Experiences of Children Adopted or in Foster Care – A Guide for Adults Involved in My Child’s Life



**Purpose:** Parents and caregivers can share this 1-page guide with other adults involved in their child’s life. This may include coaches, dance teachers, parents of the child’s friends, etc. It can be helpful for these other adults to understand why a child might have certain fears or behavioral struggles and understand helpful and unhelpful ways to respond. These adults can learn more and become allies to the child.

**Download:** [A Guide for Adults Involved in My Child’s Life](#)

## Guide: Responding to the Experiences of Children Adopted or in Foster Care A Guide for Caseworkers



**Purpose:** This guide is specifically designed to help child welfare workers better understand the effects of early adversity and trauma on the children and youth they serve. When caseworkers better understand the emotional, developmental, and behavioral needs of the children and youth they serve, they are better equipped to help the caregivers and other adults in the lives of those children and youth understand and meet those needs. This guide can also be used for training and professional development.

**Download:** [A Guide for Caseworkers](#)

## Guide: Responding to the Experiences of Children Adopted or in Foster Care - A Guide for Early Education and Child Care Providers



**Purpose/Key Message:** Parents can share this resource with their child’s early education and childcare providers. Like the other guides, this guide explains how early adversity and trauma can affect young children and offers early education and childcare providers specific ways they can help children heal. This guide can also be used for training and professional development.

**Download:** [A Guide for Early Education and Child Care Providers](#)

## Form for Pediatrician: A Guide for Teachers, Counselors, and Other School Professionals Working with School-Age Children and Youth



**Purpose/Key Message:** Parents can share this resource with their child’s school and teachers. Like the other guides, this guide explains how early adversity and trauma can affect children and youth and offers educators specific ways they can promote healing. This guide can also be used for training and professional development. support the family in caring for the child, as well as obtain evidence-based treatments for the child.

**Download:** [A Guide for Teachers, Counselors, and Other Professionals Working with School-Age Children and Youth](#)

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## HealthyChildren.org Article: Parenting After Trauma: Understanding Your Child's Needs

### Parenting After Trauma: Understanding Your Child's Needs

All children need homes that are safe and full of love. This is especially true for children who have experienced severe trauma. Early, hurtful experiences can cause children to see the world differently and react in different ways. Some children who have been adopted or placed into foster care need help to cope with what happened to them in the past. Knowing what experts say about early trauma can help you work with your child.



#### Forms of trauma

An event is traumatic when it threatens the child or someone the child depends on for safety and love. Abuse may be traumatic, but trauma may take many forms. It includes:

- Neglect
- Separations
- Violence between caregivers
- Natural disasters
- Accidents

**Purpose/Key Message:** All children need homes that are safe and full of love. Children who have experienced severe trauma may need more. Early, hurtful experiences can cause children to see and react in different ways. Some children who have been adopted or placed into foster care need help to cope with what happened to them in the past.

**Uses:** The article can be shared on social media as a resource for parents and caregivers. Or, it can be printed out and given to parents and caregivers to help them care for their child.

*\*Provider and/or parent centered social media – clinician offices – newsletters*

**Download:** [Parenting After Trauma: Understanding Your Child's Needs](#) | Spanish version available: [La crianza después de un trauma: cómo atender a las necesidades de su niño](#)

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## Article: Bring Out the Best in Your Children

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN



### Bring Out the Best in Your Children

Helping shape your children's behavior is a key part of being a parent. It can be difficult as well as rewarding. Some key principles can help.



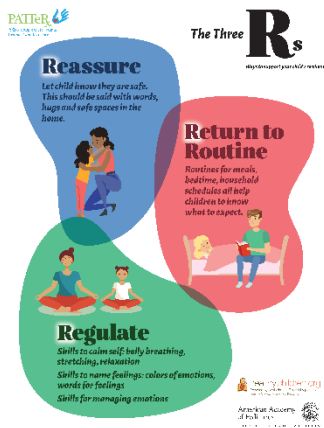
**Purpose/Key Message:** Pediatricians can provide this handout to parents to help when their children's behavior can be challenging. Helping shape a child's behavior is a key part of being a parent. It can be difficult as well as rewarding. A few key principles can help.

**Uses:** The article can be shared on social media as a resource for parents and caregivers. Or, it can be printed out and given to parents and caregivers to help them care for their child.

*\*Provider and/or parent centered social media – clinician offices – newsletters*

**Download:** [Bring Out the Best in Your Children](#) | Spanish version available: [Cómo fomentar lo mejor de sus hijos](#)

## Infographic: The Three Rs: Ways to Support Your Child's Resilience



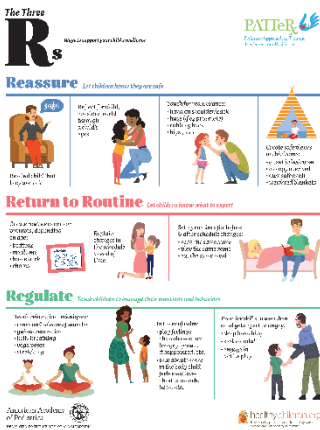
**Purpose/Key Message:** This infographic visualizes a 3-step approach to improving relational health in children and families.

**Uses:** Pediatricians and other pediatric health care providers often provide this handout to families during visits to help parents/caregivers to support their child's resilience. This infographic can also be shared within social media messaging to clinicians, promoting the use of this approach in their practices.

*\*Provider and/or parent centered social media – clinician offices – summits/conferences – newsletters*

**Download (page 1):** [The Three Rs Infographic - simple](#)

## Infographic: The Three Rs: Ways to Support Your Child's Resilience (detailed)



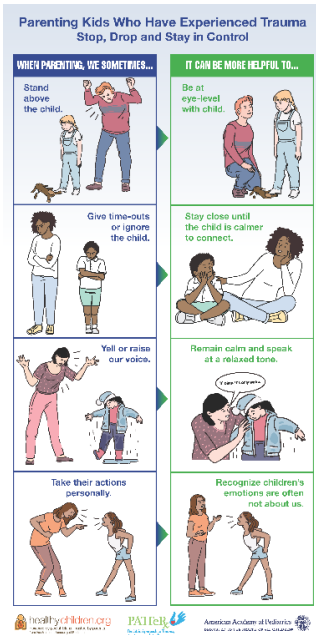
**Purpose/Key Message:** This infographic is intended to accompany the infographic listed above.

**Uses:** Pediatricians and other pediatric health care providers often provide this handout to families during visits to help parents/caregivers to support their child's resilience. This infographic can also be shared within social media messaging to clinicians, promoting the use of this approach in their practices. This infographic can be printed on the other side of the infographic listed above.

*\*Provider and/or caregiver-centered social media – clinician offices – summits/conferences – newsletters*

**Download (page2):** [The Three R's - Detailed](#)

## Infographic: Parenting Kids Who Have Experienced Trauma



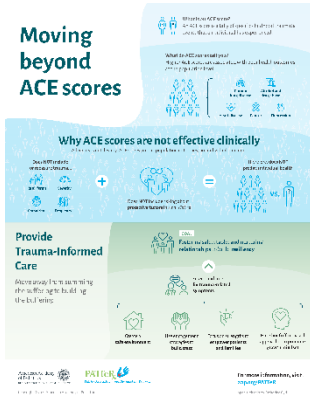
**Purpose/Key Message:** This infographic offers examples of how parents and caregivers can adjust their behavior to support a child who has experienced trauma. This approach builds resilience in children.

**Uses:** This infographic can be shared within social media messaging to clinician, promoting the use of this approach in their practices. It can also be shared in social media messaging to families and caregivers or handed out in office visits.

*\*Provider and/or caregiver-centered social media – clinician offices – summits/conferences – newsletters*

**Download:** [Parenting Kids Who Have Experienced Trauma Infographic](#)

# Infographics

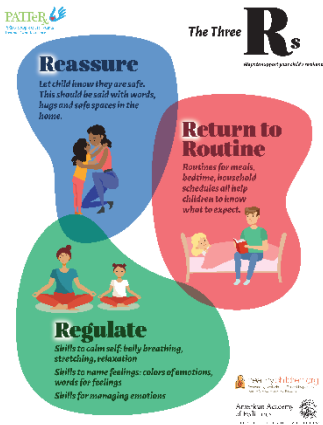


**Purpose/Key Message:** This infographic explains that Adverse Childhood Experiences (ACE) screening scores aren't effective clinically, and that trauma-informed care is a more holistic approach that focuses on nurturing relationships and resiliency in children, youth, and families.

**Uses:** Download and share the infographic below to help pediatricians and pediatric healthcare providers understand why ACE scores are not effective clinically – and what to do instead.

*\*Clinician-targeted social media – medical conferences – newsletters*

**Download:** [Moving beyond ACE scores infographic](#)

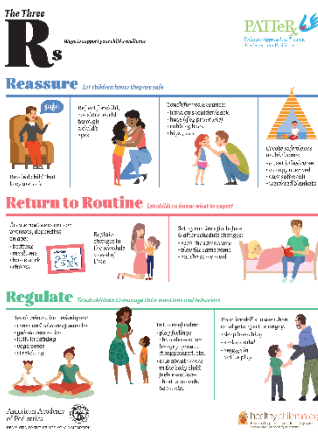


**Purpose/Key Message:** This infographic visualizes a 3-step approach to improving relational health in children and families.

**Uses:** Pediatricians and other pediatric health care providers often provide this handout to families during visits to help parents/caregivers to support their child's resilience. This infographic can also be shared within social media messaging to clinicians, promoting the use of this approach in their practices.

*\*Provider and/or caregiver-centered social media – clinician offices – summits/conferences – newsletters*

**Download (page 1):** [The Three Rs Infographic - simple](#)

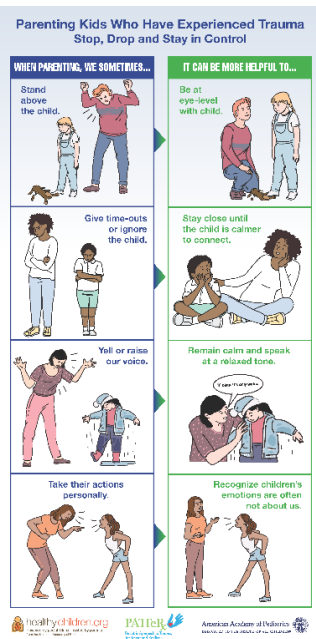


**Purpose/Key Message:** This infographic is intended to accompany the infographic listed above.

**Uses:** Pediatricians and other pediatric health care providers often provide this handout to families during visits to help parents/caregivers to support their child's resilience. This infographic can also be shared within social media messaging to clinicians, promoting the use of this approach in their practices. This infographic can be printed on the other side of the infographic listed above.

*\*Provider and/or caregiver-centered social media – clinician offices – summits/conferences – newsletters*

**Download (page 2):** [The Three Rs - Detailed](#)



**Purpose/Key Message:** This infographic offers examples of how parents and caregivers can adjust their behavior to support a child who has experienced trauma. This approach builds resilience in children.

**Uses:** This infographic can be shared within social media messaging to clinicians promoting the use of this approach in their practices. It can also be shared in social media messaging to families and caregivers or handed out in office visits.

*\*Provider and/or caregiver-centered social media – clinician offices – summits/conferences – newsletters*

**Download:** [Parenting Kids Who Have Experienced Trauma Infographic](#)