

# Trauma Informed Parenting

A guide for parents who are raising children who have experience trauma

**When:** Weekly, for 6 weeks, dates TBA

**Cost:** Free

**Register:** Registration will open one month before the next class

Call (208) 265-1090 for more information

## Week 1

Learn how trauma can directly impact the developing brain and nervous system, as well as thoughts and behaviors. You will also learn how to help your child develop a healthier, more secure attachment with you.

## Week 2

You will develop skills for mindfulness, self-awareness, and self-regulation to assist you - critical components for helping your child heal and self-regulate and expand their distress tolerance.

## Week 3

You will develop skills for attuning with your child to increase the sense of connection with you and skills for playfulness with any age to support healthy development and connection.

## Week 4

You will learn specific strategies for responding to child meltdowns as well as stealing, lying, aggression, and problems with food and bathroom behaviors. You will identify negative beliefs common to the specific behaviors and come to understand your child's thoughts, feelings, and action.

## Week 5

You will develop an attuned approach to parenting more effectively with specific strategies and interventions that are focused on growing a healthy attachment with your child.

## Week 6

We will help you examine your own triggers and discover how your own past may be impacting you today. You will identify positive, logical thoughts and healthy self-care methods to free yourself from stuck patterns and reduce stress to be the best parent you can be.

## Week 7

Helping your child with consequences and rewards through integrative parenting. You will learn steps to calming your child's reactivity. Wrap up loose ends and tie new skills together.

