

# Trauma-Sensitive Teachers

## PARENT-TEACHER PARTNERSHIP

**It's important to create a strong parent/teacher partnership.** Students do best when both parent and teacher are “painting” the same picture for the student. This creates a sense of safety and decreases anxiety by being consistent and increases the student’s ability to self-regulate if all adults are on the same page.

### Before School Starts...

Even before the school year starts, you can start building a strong relationship with your students who have been impacted by trauma and their parents.

Anxiety increases for students who’ve been impacted by trauma as the school year begins. Lots of unknowns, transitions, and new relationships. The more we can “paint a picture” for students who’ve been impacted by trauma of how the new school year will look, the more their anxiety will decrease, and in turn negative behaviors will decrease.

Some ways to help “paint a picture” for your student:

# 01

## Meet with Student & Parent

Have Student and Parent come in at a time other than the open house. The crowds and busyness of a school open house will not decrease anxiety. In fact, it may actually increase it.

# 02

## School Tour

Give a tour of the school.

Include:

- Where child will enter the building
- Classroom
- Bathrooms
- Where child will hang coat and backpack
- Lunchroom
- Playground/Recess Area
- Desk – where child will sit. If possible, have name tag on his/ her desk.

# 03

## Supply List

Lots of schools have supply lists provided at local stores, but make sure to provide one at time of visit. This helps to eliminate some unknowns and reassures child that he will be ready.

# 04

## Map of Classroom

Students who've been impacted by trauma often do well with visual cues. Sending home a map of the layout of your classroom can be beneficial. If possible, mark where the student's desk will be as well as locker.

# 05

## Daily Schedule

Send home a daily schedule. Make sure to include lunch, bathroom breaks, free time, etc...

For lots of students who've been impacted by trauma, a visual schedule works best.



Impact Membership

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