

Creating A Trauma Informed Classroom

- **Not all strategies work** for all children.
- Create and maintain **consistent** daily routines for the classroom.
- Let children know ahead of time when a **change to the routine** is coming.
- Allow children to **choose between options** suited to their skills and age.
- Plan for challenging parts of the day and **provide extra support** during transitions.
- Use techniques to support children's **self-regulation**.
- Children work through their experiences by **replaying** them in play and interactions.
- Be nurturing and affectionate but also **sensitive** to children's individual triggers.
- Use **positive guidance** to help all children.

