

# Advice for Parents and Carers Involved in a Community Trauma

## Part 1 Conversations that Matter

Watch the Part 1 of the video with others if possible.

### 1. **What things do the children need to talk about?**

- The event
- The perpetrator
- The riots
- Children who have been targeted by rioters
- Radicalisation
- Their own safety
- What will happen to the children who were killed?
- Neurodiversity

a) How will you answer questions about the above?

b) Ask your school or nursery to help to create some scripts and simple Social Stories.

### 2. [30 Games to Nurture Healthy Attachment with Your Child | Help One Child](#)

*This is a great article for nurturing, playful activities to build trust and feelings of safety. How can you build these into your day, and particularly after difficult conversations?*

And for older children and young people:

[10 Ideas for Nurturing Connections: Social Skills in Older Children - Manhattan Psychology Group](#)

This may be enough for you for today. Please DO NOT over-extend. Now, more than ever before it is so important that we listen to our own bodies and emotions, so if you haven't yet done 'self-care' today, particularly by taking a walk in the sunshine, and by water if you can, this might be the right time. If you would like to do a little more, then carry on to the next page.

## **Part 2 Developmental Regression**

Watch the Part 2 of the video with others if possible.

### **1. Your child/ren**

- Have you seen any signs of developmental regression in your child?
- If yes, how have you dealt with it so far?

### **2. Today's takeaways**

- Share or write down three things you will take away from this session

This may be enough for you for today. Please DO NOT over-extend. How can you care for yourself today?

If you would like to do a little more, then carry on to the next part.

## **Part 3 Self-Care**

Watch the Part 3 of the video with others if possible.

### **1. What are you worried about right now?**

- Welfare of your children
- Ensuring children feel and are safe
- Supporting families and friends
- Future riots
- Understanding of autism/neurodiversity
- What do you need to add to this list?

### **2. List the feelings you have experienced since the incident**

- |   |              |
|---|--------------|
| • Rage                                      | • Exhaustion |
| • Powerlessness                             | • Loss       |
| • Confusion                                 | • Grief      |
| • Fear                                      | • Inadequacy |
| • Sadness                                   | • Panic      |
| • Do you need to add anything to this list? |              |

### **3. Noticing, experiencing, expressing and processing emotions**

- It's vitally important that you take time each day to notice, experience, express and process your emotions.
- You may do this alone, maybe keeping an emotions journal. You may share with a friend, family member or colleague, or you may have small support groups within your child's school or nursery, with whom you're watching this video.
- At this early stage, it may be difficult to put into words how you feel, but try.

- How have you noticed, experienced, expressed and processed your emotions during this time?

#### **4. Falling down a memory time-hole 1**

Are the feelings you personally are experiencing new and unfamiliar, or are they reflecting past feelings of fear and powerlessness? On a personal note, my emotions and bodily sensations are very similar to a tragic event in my own community in 1993, where 13 children and a teacher were killed in a mini bus crash. This means that I am coping not only with my current feelings, but also reliving again the terror, grief, loneliness and confusion that surrounded those days. What is it like for you? Are you connecting with the past as well as the present?

Spend a little time looking at the What-Are-You-Feeling PDF from Beacon House. It may help you to identify where and how you feel fear/worry/anxiety in your body.

#### **5. Falling down a memory time-hole 2**

What are your 'creative coping strategies' at this time: please, attack, withdrawal, disengage? Some of us might be in 'friend' mode; I'm a 'pleaser', so being kind and friendly is my default mode when anxious, sometimes, at detriment to my wellbeing and authenticity.

For some, aggression and 'fight' is their coping mechanism – better to attack than be attacked. For others 'grabbing' is their mode, so panic shopping goods and food, who is afraid of not having enough.

Yet others may seek distance from the feelings through eating, drinking, gambling, etc.

And others may seek to be the 'Saviour', wanting to take control and 'put things right'.

None of these is right or wrong, so please don't judge yourself. Again, simply try to understand yourself a little more. Is your go-to strategy working for you? Are you switching between modes? How can you ensure that your coping strategies are healthy for you and do not harm others? Make a visual representation, maybe a list, diagram, script, poem or poster to record your thoughts and ideas about the above questions and share as much or little as you are comfortable with from this 2-part reflection.

Have a good day, keep safe and healthy and ring or email me to chat if that would help. **Jenny x**