



## Trauma-Informed Classrooms

Families frequently ask how they can help bring trauma-informed care to their child's classroom. Here are five ideas to help teachers support your children in a school setting.

1. Build a foundation for advocacy. Get to know your child's teachers and create connections early in the school year. Develop a communication plan that meets both the parent and teachers' needs.
2. Before school starts, provide teachers with a few concrete examples of what you do to support your child's needs at home. Provide a few simple strategies adults can use to support their child at school.
3. Advocate for movement, snack, and water breaks every 2 hours. Caring for physical needs can help to decrease negative behaviors. Provide the school with a doctor's note. If consistency in receiving these needs is challenging, request a 504 plan with the school for these accommodations.
4. Have your child's sensory needs assessed by an occupational therapist or physiotherapist. A very high percentage of children with a history of trauma have some sensory processing disorder. Provide teachers with a copy of your child's sensory profile and a brief understanding of how it relates to their school needs.
5. Provide your child's teachers with a resource book on sensory processing disorders to increase awareness of the needs of children with a history of trauma.

For more information on supporting your child in school, visit the Karyn Purvis Institute of Child Development's Resource Page on TBRI Classrooms: <https://child.tcu.edu/tbri-for-teachers/#sthash.mXAUTifH.dpbs>