

Checklist

For Teachers and Parents: How to Practice Trauma-Informed Care

- ☐ Greet them warmly and help them feel safe

- ☐ Be clear about what will happen next (routines and expectations).

- ☐ Listen without judgment.

- ☐ Validate feelings rather than dismiss them.

- ☐ Offer choices when possible to build a sense of control.

- ☐ Watch for signs of overwhelm and adjust expectations.

- ☐ Respect their backgrounds and experiences.

- ☐ Use calm, gentle tones and body language.

- ☐ Encourage connection and peer support.

- ☐ Take care of my own emotional health, so I can support them better.



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Counselling and Wellness

Compassionate Guidance, Empowered Growth

