



After the Storm: Tips to Help Restore Calm

As parents and caregivers, you strive to create a safe and calming environment for all members of your family. However, no matter how prepared you think you are to prevent internal family conflicts from happening, trauma storms or conflicts can and will happen within all families from time to time. Research informs us that children who have experienced trauma, or complex trauma, are continually alert to any signs of potential threats. Sometimes, there are warning signs akin to the whine of an ambulance or the attention-grabbing tornado siren; other times, trauma storms can occur out of the blue and unexpectedly.

Trauma Triggers

A trauma trigger is some aspect of a traumatic event that occurs in a completely different situation but reminds the child of the original traumatic event.

Examples may include sounds, smells, feelings, songs, places, scenes from a movie, postures, tones of voice, or even emotions. Youth who have experienced traumatic events may reenact past patterns when they feel unsafe or encounter a trigger.

Trauma triggers can cause a “fight, flight, or freeze” response for children and youth in care, resulting in changes in their bodies—such as faster heart rates and higher blood

pressure—as well as changes in how their brains perceive and respond to the world. Trauma has the unique ability to rewire the brain. What may seem like ordinary, simple, everyday situations can become huge triggers for children who have experienced early trauma.

Restoring Calm

As parents and caregivers, it can be challenging to create a safe and calming



environment after a trauma storm passes, but it can be done. Dr. Ross Greene, Harvard Psychology professor and author of *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children* stressed that it is crucial for parents of children exposed to trauma to realize that “Kids want to do well, and if they are struggling it is likely because they are lacking a specific skill needed to

succeed.” Your ability to remain calm before, during, and after the storm will be a powerful asset to helping the child in your care. The following are some tips to help restore calm after a trauma storm.

Create a safe place and a safe space to talk

- Be fully present and available
- Children need to feel emotionally and physically safe

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- Seek input from the child on how you can best support them
- Share self-soothing strategies that work for you

Debrief but be brief

- Ask open-ended questions such as:
- If “X, Y, and Z” happens again, how could I respond in a helpful way?
- What ideas do you have on how you could get your needs met in a positive way?
- What lessons did we learn?

Take great care of yourself and everyone in your family.

An outburst has an emotional impact on everyone in your household. It can be helpful to decompress by taking a deep breath, going for a walk, listening to calming music, practicing mindfulness, reading, or journaling. Whatever brings you peace and joy—do more of that! Practicing self-care after a stressful event (and even regularly) is also setting a great example for the children in your care. They will see you making self-care a priority and will learn that valuable life skill, as well.

Reach out for support

- Call or connect with a friend. Can’t get together in person? Connect virtually through Skype, Facetime, Zoom, Marco Polo, or another app.
- Consider participating in a support group. We have included a link to support groups in the resources section of this tip sheet.
- Talk with your worker about respite care or other resources that may be able to help.
- Call the Coalition. We are here to help!

As parents, it can be helpful to remind yourself that teaching these important life skills will take time, practice, repetition, and

Traumatic Reactions

The effects of trauma vary depending on the child and the type and intensity of traumatic events they experienced. Traumatic reactions can include a variety of responses, including some of the examples listed here:

- Intense and ongoing emotional pain
- Depressive symptoms or anxiety
- Behavioral changes
- Difficulties with self-regulation
- Problems relating to others or forming attachments
- Challenges with focusing
- Regression or loss of previously acquired skills
- Attention and academic difficulties
- Nightmares
- Difficulties associated with sleeping and eating

patience. After all, parenting is a marathon, not a sprint.

By increasing your understanding of child traumatic stress, you can support the child’s healing, your relationship with the child, and your family. You will be able to help the child in your care to develop effective coping mechanisms. You will also help them build emotional and behavioral skills to keep from feeling overwhelmed by reminders of past traumas. Children change, grow, and heal within the context of healing and nurturing relationships. If you have questions or need resources, the Coalition for Children, Youth & Families is here to support you.



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Resources

Tip Sheets

- [Stressed Out!](#)
- [What Grief Looks Like for Children & Youth in Care](#)
- [Working with Children Who Have Been Traumatized](#)
- [Tips for Positive Parenting](#)
- [The Balance Beam: Caring for Yourself While Caring for Your Children](#)

From the [Lending Library](#)

- Fostering Across Wisconsin Newsletter: [Supporting the Emotional Healing of Youth in Your Care](#)
- Fostering Across Wisconsin Newsletter: [On Trauma](#)
- Partners Newsletter: [On Trauma](#)
- *Hot Stones and Funny Bones: Helping Teens Cope with Stress and Anger*, by Brian Luke Seaward, Ph.D. with Linda K. Bartlett, M.A.
- *131 Creative Strategies for Reaching Children with Anger Problems*, by Tom Carr, M.S., L.P.C.
- *Anger Management Games for Children*, by Deborah Plummer
- *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children*, by Dr. Ross Greene
- *Trust-Based Parenting, Creating Lasting Changes in Your Child's Behavior* (DVD)
- *Understanding Traumatized and Maltreated Children: The Core Concepts* (DVD)

From the [Champion Classrooms](#)

- [Strategies for Challenging Behaviors](#)

Inspiration & Hope from [No Matter What Families](#)

- [Understanding Trauma](#)
- [Taking a Different Parenting Approach](#)
- [Love Them Through It](#)
- [Ask What Happened, Not What's Wrong](#)
- [What Do My Child's Behaviors Mean?](#)
- [Learning to Be a Trust-Based Family](#)
- [It's Okay to Reach Out for Help](#)

Additional Resources

- [Understanding Trauma](#)
- [The Child Trauma Academy](#)



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