

How Teachers Can Help Support a Student with Trauma



- **Build Trust**

Establish a safe space where the student feels comfortable sharing their feelings. Be patient and approachable.
- **Listen Actively**

When they do open up, listen without judgment. Let them express themselves at their own pace.
- **Collaborate with Specialists**

Work with school counselors or psychologists for additional support.
- **Teach Coping Skills**

Introduce relaxation techniques, such as deep breathing or mindfulness, to help them manage stress.
- **Be Consistent**

Provide a predictable routine. Consistency can help them feel secure.
- **Follow Their Lead**

If they want to talk listen, and if they want to do math, keep going with the lesson.
- **Suggest Additional Support**

Discuss the benefits of a therapist who specializes in the child's trauma.
- **Encourage Expression**

Allow them to express their feelings through art, writing, or other creative outlets.
- **Be Observant**

Pay attention to changes in behavior, as they can signal distress.
- **Involve Parents or Guardians**

If appropriate, engage with their family to ensure a supportive home environment.
- **Be Patient**

Healing takes time. Offer support without pushing them to share more than they're ready for.



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Tools for Teachers Working with Parents

➤ **Open Communication**

Establish clear lines of communication with parents. Use respectful language to discuss observations about their child's behavior without assigning blame.

➤ **Set Boundaries**

Practice setting firm, healthy, and assertive boundaries as it will benefit not only them, but you and their child in the classroom.

➤ **Provide Resources**

Share information about local mental health resources, parenting workshops, or support groups that can help parents manage their own trauma.

➤ **Collaborate with Teachers**

Utilizing your colleagues is essential for your mental health and self care.



➤ **Educate**

Inform parents about the helpful strategies that their child has been using for themselves and their personal mental health.

➤ **Validate, validate, validate**

Acknowledge and validate parents' feelings of fear, anger, or helplessness. Let them know their emotions are understandable and offer support.

➤ **Self Care**

Ensure that you are also taking care of your own mental health, as dealing with these situations can be emotionally taxing.



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