RESILIENCE AND TRAUMA-INFORMED PRINCIPES

RESILIENCL'AVIOR PRINCIPLES



Dr. Karen Treisman



Every interaction matters

Be curious, not furious



Connection before correction



Name it o tame





See the world through a child's eyes

THE POWER OF RELATIONSHIPS



Dr. Bruce Perry

Healthy relationships help children recover from trauma

Model coping strategies



To teach resilience and confidence



ADULT BEHAVIO MATTERS



Paul Dix

Focus on changing yourself, not other

Manage your own emotions





Show consistency and kindness

Create a positive environment

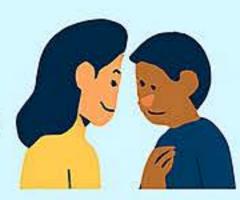
Michael Rutter



Father of resilience research

Strong parent-child bonds and consistent coregiving are key

Parental emotional regulation helps shield children from stress



Healthy relationshopips and stability build the foundation for recovery and growth