

RESILIENCE AND TRAUMA-INFORMED PRINCIPLES


RESILIENCE AND BEHAVIOR PRINCIPLES




Dr. Karen Treisman

Every interaction matters

Be curious, not furious



Connection before correction




Name it to tame it

Anyone can be therapeutic



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 BEHAVIOR MATTERS



Paul Dix

Focus on changing yourself, not others

Manage your own emotions




Be regulated for dysregulated children



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 relationships and stability build the foundation for recovery and growth