

Reviews

(Chapter 11 to Chapter 15)

Quick post-trauma review – SAFE

From 0 to 5, how does your child's environment (the things, the people, the places around them), and their own resources and abilities support a sense of safety?

What helps?

What ideas from the chapter that you have just read might you try to increase this further?

Quick Post-trauma Review – Calm

From 0 to 5, how does your child's environment (the things, the people, the places) and their abilities support a sense of calmness?

What helps?

What ideas from the section that you have just read might you try, to increase this further?

Quick Post-trauma Review – Social Support and Connection

From 0 to 5, how does your child's environment (the things, the people, the places) and their abilities support a sense of social support and connections?

What helps?

What ideas from the section that you have just read might you try, to increase this further?

Quick Post-trauma Review – In Control

From 0 to 5, how does your child's environment (the things, the people, the places) and their abilities support a sense of feeling in control?

What helps?

What ideas from the section that you have just read might you try, to increase this further?

Quick Post-trauma Review – Hopefulness

From 0 to 5, how does your child's environment (the things, the people, the places) and their abilities support a sense of hopefulness?

What helps?

What ideas from the section that you have just read might you try, to increase this further?
