



# Virtual Resource Kit:

## *Looking at Challenging Behaviors via a Trauma-Informed Lens*



Children who have experienced trauma may present challenging behaviors at times. These behaviors can be emotionally and physically exhausting for children and their caregivers. Therefore, it is important to consider looking at challenging behaviors through a trauma-informed lens.

## ***Tip Sheets***

### **What Do These Behaviors Mean?**

Lying, stealing, food hoarding, and defiance are some of the more challenging behaviors you may face from the children and youth in your care. This tip sheet offers suggestions on managing these behaviors and illustrates how trauma and fear are the foundation for these actions.

### **What Do These Behaviors Mean? How Children Process & Respond to Trauma**

This tip sheet looks more deeply into how kids' brains process trauma and how you can help reset those neural pathways so healing can happen.

### **Recognizing and Reacting to Trauma Triggers**

At times, children and youth may seem to have extremely over-the-top responses to minor issues that may cause you to question what exactly is going on. This tip sheet explains trauma triggers, why they occur, and how to respond.

### **Working With Children Who Have Been Traumatized**

Children show signs of trauma in many ways. This tip sheet helps you identify the signs and symptoms and offers ideas on how to help your family work through these trauma-related behaviors.

### **Helping to Heal Invisible Hurts: The Impact of In-Utero Stress & Trauma**

This tip sheet will help you understand how stress and fear during pregnancy affect babies and children in both immediate and long-term ways.

## ***Champion Classrooms Courses and Webinars***

### **Everyday Language and How It Impacts Trauma**

When we are parenting in a family touched by trauma, mindfulness around our words becomes essential. This webinar explores modifying our language to promote healthier relationships and build lasting connections.

### **Creating Felt Safety**

Simply because a child is safe doesn't mean that they feel safe. Regulated, connected children who feel safe behave well. This webinar will show you how to create a sense of felt safety for your child and bring a sense of calm, connection, and joy to your family.

### **Lying as Trauma-Driven Behavior**

This webinar will help you understand one of the most frustrating trauma-driven behaviors: lying. You will learn how to respond to lying in a way that will increase trust and decrease the fear—the very thing that is driving the dishonesty in the first place.

## ***Champion Classrooms Courses and Webinars Continued***

### **When Difficult Behaviors Arise**

Children enter foster and adoptive families with many needs. Some are evident early, while others surface during later development. This webinar looks at behavioral concerns that commonly arise in the school-age years through a trauma-informed lens.

## ***No Matter What Families Videos***

**Ask “What Happened to You” Not “What’s Wrong With You”**

**What Do My Child’s Behaviors Mean?**

## ***Resource Library Items***

**Partners Newsletter: On Trauma**

**Fostering Across Wisconsin Newsletter: On Trauma**

***The Body Keeps the Score - Brain, Mind, and Body in the Healing of Trauma*, by Bessel van der Kolk**

***Beyond Consequences, Logic, and Control, Vol. 2*, by Heather Forbes**

***Trust-Based Parenting, Creating Lasting Changes in Your Child’s Behavior* (DVD), by Dr. Karen Purvis and Dr. David Cross**

## ***Additional Weblinks and Recommended Online Resources***

**Childhood Trauma - The North American Council on Adoptable Children**

**Understanding Trauma - AdoptUSKids**

**Child Trauma Academy**

Questions? Contact the Wisconsin Family Connections Center at 1-800-762-8063 or at [info@wifamilyconnectionscenter.org](mailto:info@wifamilyconnectionscenter.org).