



# Virtual Resource Kit:

## *Food Insecurity & Childhood Trauma*



Food is more than just nutrition for children who have experienced trauma; it represents safety, predictability, security, comfort, and care. When children have faced neglect or food scarcity, they may develop complex behaviors around eating—such as hoarding, overeating, or intense anxiety during mealtimes—as a survival mechanism. This kit provides parents, caregivers, and caseworkers with tools to create a healing, nurturing environment through "food security," which includes both physical and emotional support resources.

## **Tip Sheets**

### **The Benefits of Stability: Creating Safety and Trust**

Explore the critical importance of maintaining stability for children in foster care. Move beyond expectations, seek support, understand trauma behaviors, and create the safe environment kids deserve.

### **Big Feelings, Little Bodies: Helping Children Heal from Toxic Stress**

Learn about the profound impact of toxic stress on children's development, examining how early traumatic experiences can affect brain architecture, physical health, and emotional well-being.

### **Helping Children in Care Build Trusting Relationships**

Build trust with children who have experienced trauma: Understand trauma impacts, provide consistency, create safety, and use patience to develop meaningful connections.

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

Understand challenging behaviors in traumatized children through a fear-based lens. Learn trauma-informed responses to aggression, defiance, lying, stealing, and other survival-based behaviors.

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

Learn how kids' brains process trauma and pick up tips to help reroute neural pathways for change and healing.

## **Champion Classrooms Courses and Webinars**

### **Beyond Picky Eating**

After sleep, challenging dynamics around food are some of the most common struggles we face when parenting children who have experienced adversity and trauma. Learn relationship-building strategies to help the children in your care feel good about food and their bodies, and end the power struggles around the kitchen table.

### **Taking Time to Help and Heal: Child Development Through a New Lens**

As foster and adoptive parents, we often need to hold a safe space for the children in our care to heal. Take a look through an inclusive, developmental, and trauma-informed lens to discover ways to support healing in this recorded webinar.

### **An Introduction to Trauma's Influence on the Brain, Body, and Behavior**

How does trauma impact the brain, body, and behavior? Check out this webinar to learn more and leave with practical, everyday strategies to promote health and healing.

## Resource Library Items

### [Virtual Resource Kit: Looking at Challenging Behaviors Through a Trauma-Informed Lens](#)

Understanding challenging behaviors in children can be tough, especially when trauma is involved. This download includes practical tips and resources to help caregivers view these behaviors through a trauma-informed lens.

*The Body Keeps the Score – Brain, Mind, and Body in the Healing of Trauma*

*Love Me, Feed Me – The adoptive parent's guide to ending the worry about weight, picky eating, power struggles, and more*

*What Happened to You?: Conversations on Trauma, Resilience, and Healing*

## Additional Weblinks and Recommended Online Resources

- [The Feeding Doctor Website](#)
- [Felt Safety Resource by Dr. Katja Rowell](#)
- [A Guide to Toxic Stress and Resilience](#) (Harvard Center on the Developing Child)
- [Trauma-Informed Care and Relational Health](#) (American Academy of Pediatrics)
- [Resources for Parents and Caregivers](#) (National Child Traumatic Stress Network)
- [Risk and Protective Factors](#) (CDC)
- [Wisconsin Wayfinder: Essential Children's Resources](#) (Wisconsin Department of Health Services)
- [Trauma-Informed Nutrition](#) (California Department of Social Services Essentials for Childhood Initiative)
- [Division of Responsibility](#) (Ellyn Satter Institute)

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