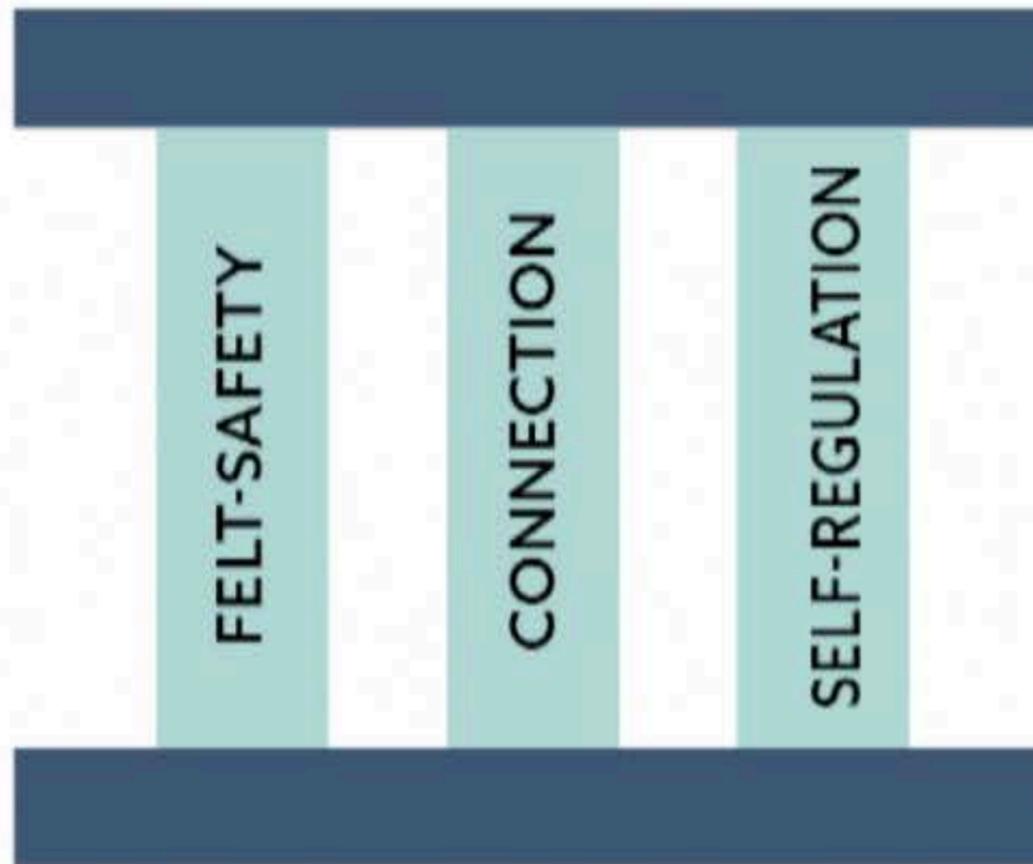




# Three Pillars of Trauma-Wise Care





# Dr. Karyn Purvis: Five B's

Behavior

Beliefs

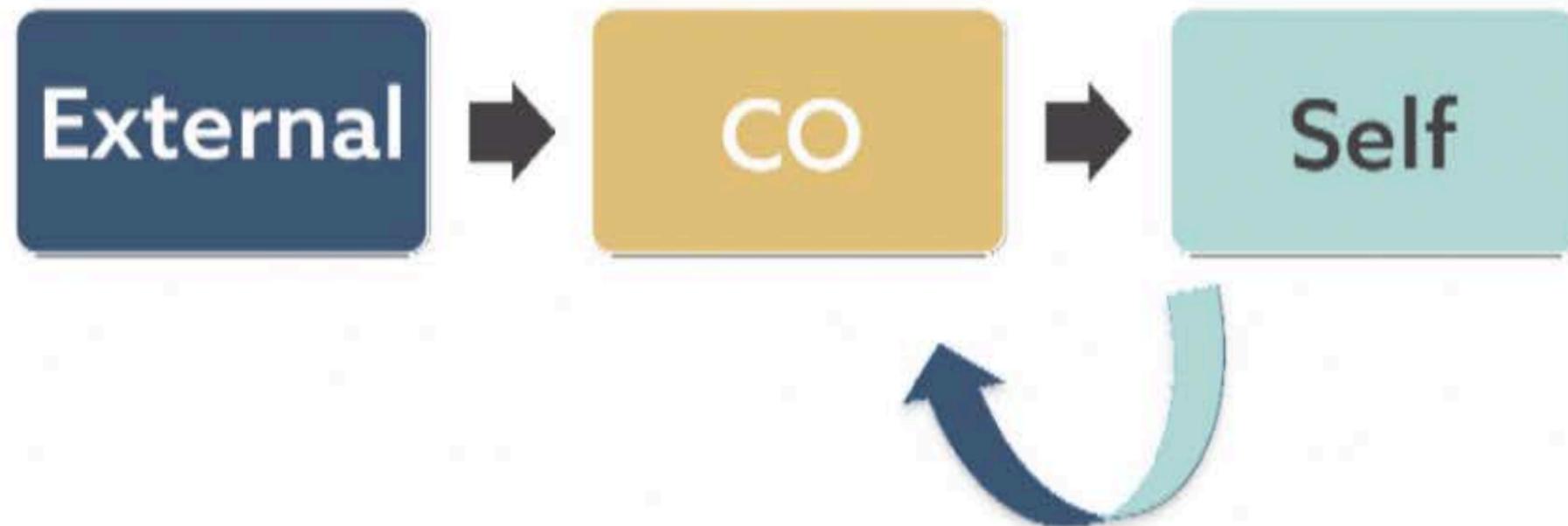
Body

Biology

Brain



# Foundation of Regulation





# Predictability

WE MUST CREATE PREDICTABILITY WITHIN THE DAY  
AND WITHIN OURSELVES



# Transitions

GIVE WARNING

USE ENGAGEMENT STRATEGIES

GO WITH

BUILD FELT SAFETY



# Hydration/Nutrition

MEALTIME IS ABOUT CONNECTION  
MEALS/SNACKS EVERY TWO HOURS  
INTEROCEPTION  
HOARDING



# Play

PLAY DISARMS FEAR

PLAY THAT INCLUDES RULES, STRUCTURE, WINNING,  
AND LOSING CAN BE DISREGULATING

ALLOW THE CHILD TO LEAD

GREAT OPPORTUNITY FOR ENGAGEMENT STRATEGIES



# Sleep

BEDTIME STARTS WHEN THE KIDS WAKE UP  
BEGIN TO CUE THEIR BODIES AT LEAST ONE HOUR AHEAD

*SOFT LIGHTS*

*BATH/SHOWER*

*SWITCH FROM SCREENS TO CALMING MUSIC*

*PROTEIN RICH SNACK*

*CO-REGULATE TO DOWN REGULATE*



# Scared Brains Don't Sleep



## Sensory Processing

"IF YOUR CHILD'S REACTION IS NOT SOCIALLY ACCEPTABLE FOR THEIR DEVELOPMENTAL AGE AND THE ENVIRONMENT, YOU MAY WANT TO SEEK ADDITIONAL SUPPORT."

— Marti Smith



**“The Empowering Principles save me  
when I don’t have connection left.”**

— Rebecca Randall