

Utah Valley Trauma Sensitivity Initiative

Feb
2016
Listserv



Family Support & TREATMENT CENTER
home of hope and healing

Crisis Respite Nursery
Therapy
Parenting Program
Prevention Education
Adoption Respite

ACE Impacts

Adverse Childhood Experience

Childhood Trauma: America's Hidden Health Crisis



"2/3rds of suicide attempts in adulthood are attributable to the accumulations of adverse childhood experience." Robert W. Blum, MD, PHD, John Hopkins Bloomberg School of Public Health

Are you interested in supporting the social and emotional development of young children and reducing their instances of challenging behaviors? **FLIP IT®** is a strategy that offers a simple, kind, strength-based, commonsense and effective four step. . . . [Read More](#)



Gently talk with the child about his feelings. Tell him what you see and hear as a result of his emotions. Help him to identify the root feelings causing the behavior.



Remind the child of the positive limits and expectations you have for his behavior. Loving and simple limits help surround children with a sense of consistency, safety and trust.



Encourage the child to think about solutions to his challenges. Ask questions that promote problem-solving and healthy coping skills. Inquiries invite children to think, learn, and gain self-control.



Provide creative cues, clues, and suggestions for the child who is having difficulty. Enthusiastic, bright ideas can lead the way to better problem-solving skills.

Parents & Educators

The Devereux Center for Resilient Children has posted its FREE webinar schedule through June 2016. Register to learn the most up-to-date information on promoting resilience in infants, toddlers, preschoolers, school-age youth, adults, and families!



[Click Here](#)

Parenting Children Through Stress and Adversity

(Click on title for a class flyer)

WHAT: Parent Class
DATE: Tues. February 16th
TIME: 6 to 8 pm
PLACE: 1255 N. 1200 W, Orem
Call 801.229.1181 to register



[Click Here](#) :

From The Harvard Center For the Developing Child comes a 5 part series: [The Raising of America](#). This documentary explores why so many children in America are faring so poorly and how we, as a nation, might do better in terms of parenting, policy and understanding the science. Watch all 5 episodes of [#RaisingofAmerica](#) for FREE from Feb 1-15



Discipline Cheat Sheet

Instead of that, Say this.

Simple phrases and ideas for diffusing tough situations with your child.

<p>What were you thinking?!?!</p> <p>Instead say: I'm going to help you with this.</p>	<p>How many times do I have to tell you?</p> <p>Instead say: I'm going to do () so that it will be easier for you.</p>	<p>Stop it! You are embarrassing me!</p> <p>Instead say: Let's go to a quieter place to get this sorted out.</p>
<p>If you don't stop that, no Xbox for a week!</p> <p>Instead say: I can see this is tricky for you. We are going to solve this later. Let's get a drink of water.</p>	<p>Go to your room!</p> <p>Instead say: Come here. I've got you.</p>	<p>No stars on the star chart for you!</p> <p>Instead say: Let's figure out a better way for next time.</p>
<p>Stop. That. Right. NOW!</p> <p>Instead say: If you need to get your mad out - then go ahead. It's okay. I've got you.</p>	<p>*Silent eye-roll and frustrated sigh*</p> <p>Instead do: *Kindness in your eyes and a compassionate hair tousle*</p>	<p>You are IMPOSSIBLE!</p> <p>Instead say: We will get this figured out. I can handle ALL of you. It's all good.</p>

DR. VANESSA LAPOINTE