

# Overview Course of a Pediatric Trauma-Informed Care Visit **WITH** Families



## **W**ONDER

- **Approach Mindfully:** Pause, clear your mind, and take a deep breath before stepping into the room.
- **Engage with Intent:** Greet both the caregiver and child warmly, introduce yourself, and ask about any concerns they may have.
- **Observe and Acknowledge:** Ensure safety by being mindful of verbal and non-verbal cues. Pay attention to interactions between the youth and caregiver and acknowledge what you notice.
- **Frame Positively:** Emphasize hope and positive reinforcement. Avoid overly focusing on challenges. Shift toward positive or supportive language (e.g., "I see they are very active. How do you manage their energy at home?").



## **I**NVESTIGATE

- **History Taking:** Gather medical, developmental, social, and mental health histories. Explore stressors, strengths, and recent changes. Ask about caregiver's history, supports and needs.
- **Screening:** Explain the screening in simple terms to the family, then use validated tools to identify trauma symptoms.
- **Physical Exam:** Ensure the youth feels safe and in control during exam. Explain what is happening and offer simple choices.



## **T**REAT

- **Assessment:** Synthesize the history, screening, and examination into a brief assessment that considers trauma as a potential factor when applicable.
- **Provide Psychoeducation:** Briefly explain connection between what has happened to the child and the current concerns. Validate and normalize trauma responses.
- **Anticipatory Guidance:** Explain how to use affiliate response to promote healing.
- **Referrals & Resources:** Refer to evidence-based trauma-informed mental health care, as needed. Provide recommendations to strengthen the caregiver-child relationship. Coordinate with community services.
- **Medications are seldom indicated:** except for short-term use for acute symptoms.



## **H**OPE

- **Offer Hope:** Share outlook that things will get better and that there is opportunity for recovery.
- **Partner with Families:** Collaborate in a family-centered, culturally sensitive manner. Consider small steps for families to be successful.
- **Coordinate Care:** Engage in care coordination to facilitate access and address barriers to care.
- **Follow-Up:** Schedule return visits to monitor progress, especially after introducing new skills. Adjust the care plan as needed.