

Principles of Support – Fostering Resilience (Boston Medical Center)

Healing begins with relationships. The adult nurturing relationship is the most powerful tool we have to help children heal from traumatic events.

Help children know what to expect at home and at school. Provide a highly structured, predictable environment for children. Establish and reinforce routines.

Give children permission to tell their stories. It helps children to talk about the violence in their lives with trusted adults.

Give parents help & support. Help parents understand that young children think differently than adults and need careful explanations about scary events.

Foster children's self-esteem. Children who live with violence need reminders that they are lovable, competent and important.

Don't try it alone. Identify and collaborate with other caregivers in the child's life.

Teach alternatives to violence. Help children learn conflict resolution skills and non-violent ways of playing.

Model nurturing in our interactions with children. Serve as role models for children by resolving issues in respectful, non-violent ways.