

# Trauma-Informed Care in the Classroom

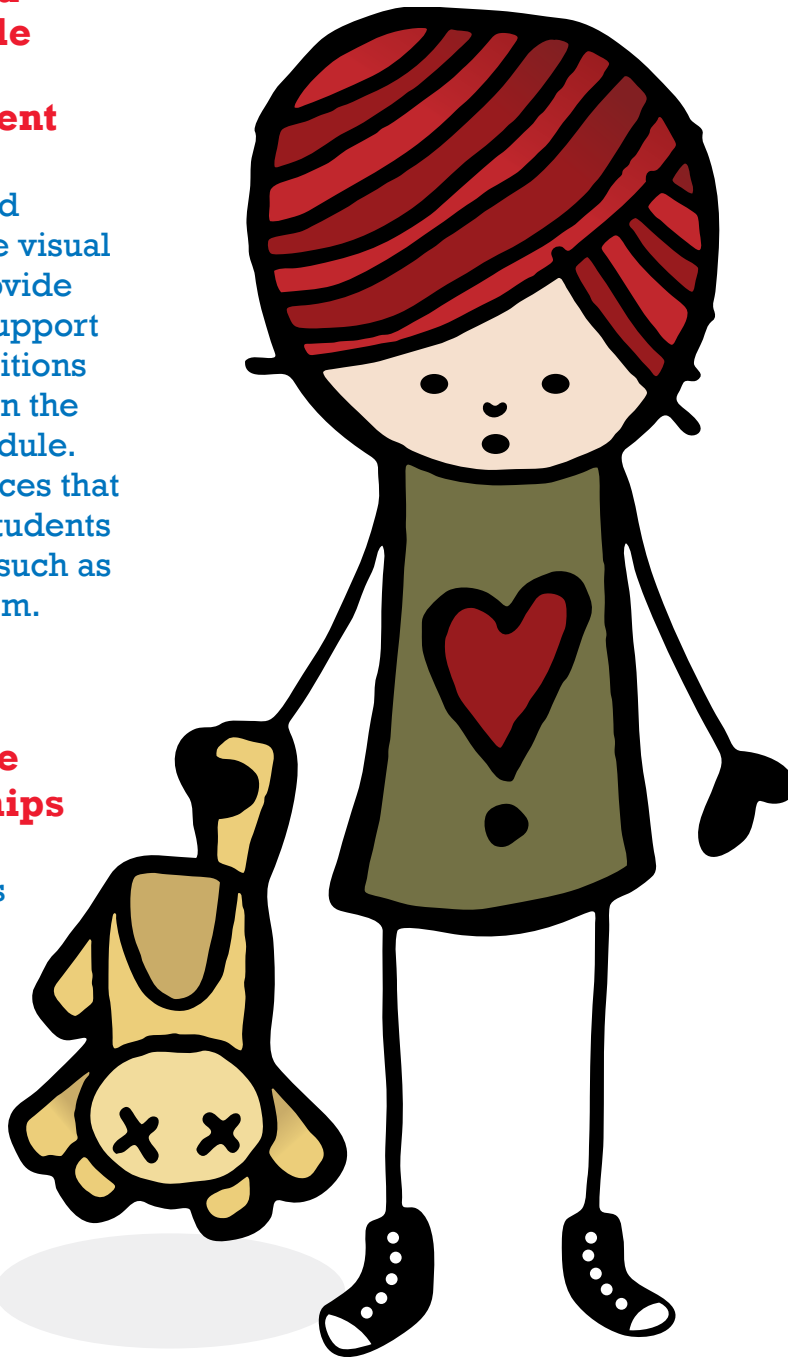
Teachers can support students who have experienced trauma using these strategies.

## Maintain a predictable and safe environment

Establish a schedule and routines. Use visual aids and provide additional support during transitions or changes in the typical schedule. Avoid practices that may make students feel unsafe, such as isolating them.

## Create responsive relationships

Build strong relationships with your students and their families. Learn what triggers students and what calms them down.



## Focus on social-emotional learning

Promote emotional literacy by reading books about and discussing emotions. Teach self-regulation and problem-solving skills and provide opportunities for practicing those skills.

## Collaborate with other professionals

Ask the school social worker or psychologist for help as you support students who have experienced trauma. Teach other professionals in your classroom how to provide trauma-informed care.

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.



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