

You can help them heal and thrive.

Witnessing traumatic events, such as domestic violence, shootings or even fighting, can impact the development of a child's brain even long after the traumatic events have ended.

But the young brain is malleable.

Supportive, caring adults can prevent or help reverse the impact by practicing everyday, healing gestures like comforting, listening, inspiring, collaborating, and celebrating.

Discover more about the *Changing Minds* everyday gestures, science of childhood trauma, and the power of a caring, consistent adult at:

ChangingMindsNOW.org



If you or someone you know is in
immediate danger, call 911.

For toll-free, 24/7 confidential support, call:

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233)

TTY 1-800-787-3224

CHILD ABUSE HOTLINE

1-800-422-4453

SEXUAL ASSAULT HOTLINE

1-800-656-4673 (HOPE)

Childhood trauma
Changing minds.[™]

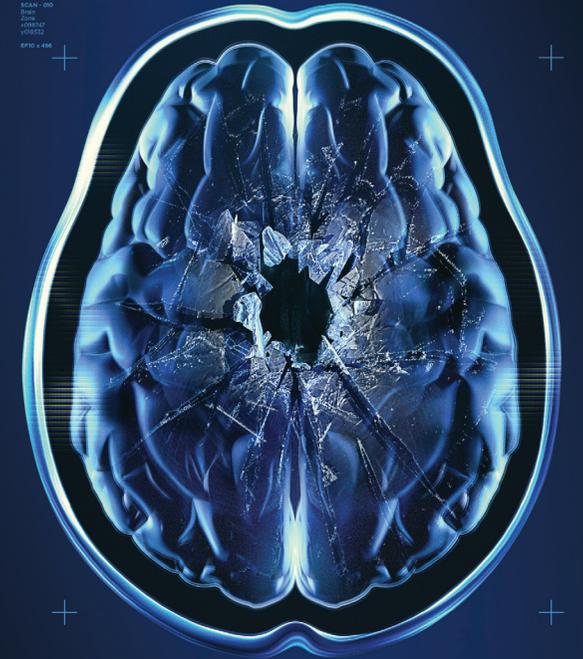
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WITNESSING VIOLENCE



CAN CHANGE A KID'S MIND.

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Practice Five Everyday Gestures to Help Children Heal



CELEBRATE

Celebrate children

- Greet them individually by name.
- Compliment them and applaud their efforts.
- Tell them how proud you are of them.
- Honor their cultural traditions, values, and rituals.

“ *Celinda, you're such a talented writer.*

I'm proud of you for studying so hard for the exam.

James, you're so funny. You've got a great sense of humor. ”



LISTEN

Listen to children

- Be patient. Let them share when they are ready.
- Remove all distractions. Listen with your whole body.
- Show you're curious and interested.
- Repeat what you've heard to show you understand.

“ *Tell me more about how you're feeling.*

I'm here to listen whenever you'd like to talk.

Did you mean (this)? I want to make sure I understand you. ”



INSPIRE

Inspire children

- Help them to be open-minded to new ideas.
- Be a role model and lead by example.
- Help them to think optimistically.
- Encourage them to dream big and to set goals.

“ *I've heard so many great ideas today!*

Let's form a circle and try something new this time.

Who would you be if you could be anyone in the world? ”



COMFORT

Comfort children

- Help them calm themselves and remain calm yourself.
- Ease their pain or concerns.
- Encourage them to express their feelings with words.
- Practice deep breathing with them to relax.

“ *It looks like you're having a hard time. Can I help?*

Are you feeling nervous or anxious about something?

When I'm upset and can't think clearly, deep breathing sometimes helps. Should we try it together? ”



COLLABORATE

Collaborate with children

- Show them how to work with other kids and adults.
- Help them see and share others' perspectives.
- Teach them problem-solving skills and emphasize the process, not just the outcome.
- Encourage them to ask for help.

“ *Great thinking! What would you do next?*

Do you need help? Maybe someone in the class has some new ideas?

Maybe we should work together to solve this problem? ”

Help children heal by practicing these five everyday gestures & sharing the *Changing Minds* materials with others working with children.

REMEMBER:

When working with youth everyday, be sure to take care of your most essential resource – yourself! Remain calm, stay confident, and get the support you may need too.

ChangingMindsNOW.org