

# BLOOM

50 Things to Say, Think and Do with Anxious, Angry, and Over-the-Top Kids



CHAPTER 10

## Trauma

### WHAT TO SAY

SAY

This is such a struggle right now for you.

SAY

You are having a hard time right now.

SAY

Would rubbing your back help you calm down?

SAY

Things are upsetting you right now.

SAY

You look like you need my help.

SAY

Rocking in the chair can help you feel better. Give it a try.

SAY

I'll stay right by you and help you.

SAY

Let's take some deep breaths together.

SAY

I'll walk around the block with you, if you'd like.

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### WHAT TO SAY

SAY

Would you like to pound some clay until you feel better?

SAY

Would like to draw me a picture that shows what's bothering you?

SAY

Would you like to draw what your (angry, sad, scared) feeling looks like?

SAY

Want to blow some bubbles to help you calm down?

SAY

We can just sit here quietly together.

SAY

Let's shoot some hoops until you feel better.

SAY

SAY

SAY

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#### WHAT TO THINK

**THINK**

This is a result of the trauma.

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**THINK**

There is nothing wrong with this child. It's what happened to him that's the problem.

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**THINK**

This child is not the problem. The problem is the problem.

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**THINK**

This is triggering her. She is in a state of hyper-arousal.

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**THINK**

This is the child's limbic brain speaking. There is no logical reasoning with it.

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**THINK**

This behavior doesn't have to make sense to me.

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**THINK**

**THINK**

**THINK**

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### WHAT TO THINK

**THINK**

The child may not be able to verbalize what is bothering her.

**THINK**

This child is reaching out for help.

**THINK**

I'm going to keep myself calm so I can help her be calm.

**THINK**

The first thing I try may not work. I will keep trying until we find a solution that helps.

**THINK**

I can help this child.

**THINK**

My goal is to help her calm down and feel safe.

**THINK**

**THINK**

**THINK**

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### WHAT TO DO

**DO**

Stay calm and relaxed. It's the only way you can help the child.

**DO**

Talk in a low, soothing voice.

**DO**

Stay by the child, but be sure not to crowd them.

**DO**

Provide physical outlets for the feeling.

**DO**

Provide tactile input (if the child can tolerate it and agrees with it), such as gentle massage, "rain" on the back, letters or numbers traced on the child's back.

**DO**

Provide a rocking chair or rocking horse.

**DO**

**DO**

**DO**

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### WHAT TO DO

DO

Provide a bean bag to sit in.

DO

Provide chewing gum. Provide play dough or clay.

DO

Provide headphones that are noise canceling.

DO

Provide drawing paper and art supplies.

DO

Provide weighted blankets or weighted stuffed animals.

DO

Enlist the help of a qualified and licensed mental health professional well versed in trauma and young children.

DO

DO

DO

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