

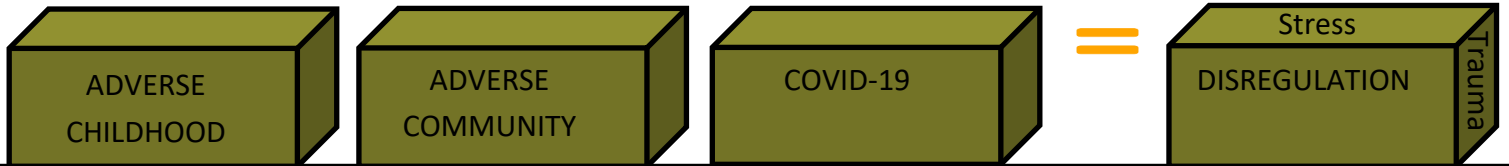
OCYF TRAUMA TEAM NEWSLETTER

OCTOBER 2022

Contact us at RA-PWOCYFTRAUMA@PA.GOV

RETURNING TO SCHOOL POST COVID-19

The pandemic has changed the way we educate children in many ways. Many children now receive their education virtually. The tips in this month's newsletter are meant to assist children and teachers who are participating in non-traditional classrooms .



Positive Relationships

- ◆ Listen to students and show interest
- ◆ Give attention to those who join online as well as in person
- ◆ Give space to get to know virtual students too
- ◆ Check in with other educators
- ◆ Focus on trust building and safety



Predictability

- ◆ Consistent routines increase safety
- ◆ Students need steady responses from adults during interactions
- ◆ Share daily schedules and agendas
- ◆ Establish classroom expectations and model this behavior to students



Teach Regulation

- ◆ Take care of your own mind, body, and spirit
- ◆ Teach students new coping skills
- ◆ Create safe, calming spaces
- ◆ Integrate regulation breaks during lessons
- ◆ Set reminders to use the regulation techniques



TEAM UPDATE

The OCYF Trauma Team is taking steps toward trauma assessment of county children and youth, foster care, and adoption agencies (CCYA/FC/AD). The first step is self-assessment. The assessment tool will be given to each CCYA/FC/AD during routine visits by the regional representatives. This is a chance to receive guidance and ask questions about the tool. Assessments by the regional office will begin late October. The OCYF Trauma Team looks forward to working in partnership with you on becoming trauma-aware.

Halloween Tips

We all want Halloween to be a chance for fun and exploration, but for some children this may be very triggering. Here are some tips to keep this holiday fun.

- Talk about Halloween before the décor and spooky season begins so they are prepared.
- Incorporate more fun and less spooky in décor and activities.
- Set expectations around trick-or-treat.
- Take advantage of kid friendly activities.

