



NM ECECD HOME VISITING BITS AND BITES

Trauma Informed Practice: 3rd Quarter Sessions' Takeaways



TRAUMA INFORMED PRACTICE

Being trauma-informed in home visiting means more than recognizing a family's trauma—it also requires deep self-awareness from the provider. During this quarter's Brown Bag Session, Peggy MacLean, Ph.D., emphasized that being trauma-informed starts with being trauma-aware. Trauma doesn't just result in behavioral responses—it shapes how people experience emotions, relationships, and safety. To support families in a truly trauma-informed way, home visitors must cultivate a strong reflective lens and practice ongoing self-awareness.

During the Community of Learners session, Fletcher Wood, LCSW, shared strategies for integrating trauma-informed care into daily practice. He emphasized:

- Accessing your support system when feeling isolated or overwhelmed
- Using individual reflection and body scanning to stay grounded
- Continuing to seek training in trauma-informed care
- Practicing patience and curiosity—becoming trauma-informed is a lifelong process

APPLYING TRAUMA-INFORMED STRATEGIES IN HOME VISITING

Being trauma-informed means more than knowing *about* trauma—it's about embodying that knowledge in every interaction. It starts with how we show up, how we relate, and how we respond. In home visiting, these strategies unfold in three key dimensions:

How You Show Up: Your Way of Being

Before you can offer co-regulation or safety to a caregiver, check in with yourself:

- Am I feeling grounded and calm?
- What do I notice in my body, thoughts, or energy?
- Can I take a moment to center myself before this visit?

Your nervous system sets the tone. When you're regulated, you can offer stability—even in the face of strong emotions or unexpected challenges.

How You Connect: Your Way of Being With

Trust and safety are built moment by moment. Reflect on:

- Am I offering warmth and predictability?
- Do I notice subtle cues that a caregiver or child may be feeling unsafe or overwhelmed?
- Am I giving space for their story, or trying to move too quickly?

Modeling attuned connection helps caregivers feel seen, heard, and empowered.

How You Respond: Making Meaning Together

Trauma-informed responses prioritize presence over fixing. When difficult moments arise:

- Can I slow down and stay curious?
- What might this behavior or reaction be telling me?
- How can I offer reflection or validation rather than advice?

Use tools like the PAUSE method to stay grounded, support safety, and create space for growth.

RESOURCES

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Van der Kolk, B. (2015). The Body Keeps the score: Brain, mind, and Body in the Healing of Trauma. Penguin Books.

6 Guiding Principles to a Trauma-informed Approach. (n.d.). <https://www.samhsa.gov/>

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