

## **Principles of Support – Fostering Resilience (Boston Medical Center)**

**Healing begins with relationships. The adult nurturing relationship is the most powerful tool we have to help children heal from traumatic events.**

**Help children know what to expect at home and at school. Provide a highly structured, predictable environment for children. Establish and reinforce routines.**

**Give children permission to tell their stories. It helps children to talk about the violence in their lives with trusted adults.**

**Give parents help & support. Help parents understand that young children think differently than adults and need careful explanations about scary events.**

**Foster children's self-esteem. Children who live with violence need reminders that they are lovable, competent and important.**

**Don't try it alone. Identify and collaborate with other caregivers in the child's life.**

**Teach alternatives to violence. Help children learn conflict resolution skills and non-violent ways of playing.**

**Model nurturing in our interactions with children. Serve as role models for children by resolving issues in respectful, non-violent ways.**