

# WHAT TO EXPECT IN TRAUMA-INFORMED CARE?



NCTSN

The National Child Traumatic Stress Network

Starting trauma-informed care can sometimes feel confusing or even overwhelming. People may wonder what to expect, what questions to ask, or what signs to look for—and that uncertainty can feel stressful. Learning what trauma-informed care looks like in everyday practice can help make things clearer. With some preparation, the process can feel more manageable and supportive—for children, families, and those walking alongside them.

## YOU CAN ASK

- How do you create a safe environment for children and families?
- How do you make sure families' cultures, backgrounds, and traditions are respected?
- In what ways do you include caregivers as partners in planning care?
- What resources do you provide to help families outside of sessions or visits?
- What factors help you decide which therapies or services are the best fit for children and families?

## YOU MAY BE ASKED

- How would you like to be involved in decisions about your child's care?
- Are there cultural values, traditions, or beliefs we should know about to best support your family?
- What are your hopes or goals for your child as they receive support here?
- Can you share what helps your child feel safe and calm?
- Are there certain situations or experiences that may be especially hard or stressful for your child?

## QUESTION PREPARATION

### BEFORE YOU LEAVE THE SESSION, WERE YOU...

- asked about your personal experiences with trauma?
- offered services that are evidence-based and address your child's needs?
- provided help focused on your child and family's strengths to thrive?
- given support for your own trauma/stress as a parent/caregiver?

