The 4 C’s of Calming

Trauma triggers set off responses that can appear confusing and out of place to others and are easily misunderstood when taken at face value.

Clear Out. Limit the number of adults involved. Too many can be counterproductive and communicate mixed messages.

Create Space. Provide adequate personal space. Generally, stand two arms-lengths away.

Communicate Simply. Use simple, direct language. Allow the child time to process and respond to verbal commands.

Consider Posture. Show open and accepting body language. If possible, stand at an angle to the child.

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