



Trauma and Behavior Video Series

Discussion Guide for Resource Parents

This guide provides a structured format resource parents (foster, therapeutic foster, adoptive, and kinship parents) can use to discuss the videos in this series. We recommend watching the videos with your peers to enhance the discussion and learning. If it is not possible to view the videos together, have participants view independently and then come together for discussion. As you talk about these videos, your goal should be to find ways to apply what you learn from the videos to your own experiences with children in your home.

PART 1: How Trauma Affects the Brain

(www.youtube.com/watch?v=IPftosmseYE)

Run time: 5 minutes and 30 seconds

Discussion Questions

- 1a. What types of child behaviors have you seen that might be related to cognitive development? Are there ways you have handled these behaviors successfully? If so, how?*
- 1b. Considering that language can be an area where children with trauma history struggle, what are some ideas for communicating differently about expectations and rules?*
- 1c. In what ways have you seen children express a lack of trust or impaired relationships? How have you handled these behaviors? What might be some ways to increase trust between you and the child?*
- 1d. The video identified many different types of trauma triggers. Do you have some specific examples of triggers you have observed? How have you adjusted your environment to minimize triggers?*

PART 2: Why the Cookbook Approach Doesn't Work

(www.youtube.com/watch?v=zgT6oXKleCg)

Run time: 4 minutes and 5 seconds

Discussion Questions

- 2a. What are some examples of strategies you have tried that were successful with one child and not with another? Why do you think the response was different?*
- 2b. What do you think it means to become a "behavior detective"? What kinds of things could you do to learn more about the behaviors of children in your home?*
- 2c. Make a list of the most common problem behaviors you are dealing with right now. As a group, brainstorm possible needs these behaviors could be meeting for the child and discuss ideas for how you might meet those needs in a different way.*

PART 3: The Importance of Relationship

(<http://www.youtube.com/watch?v=g7hq9ujeIwM>)

Run time: 5 minutes and 48 seconds

Discussion Questions

- 3a. What are some specific things you can do or say that will help a child separate what they do from who they are?*

- 3b. What are some things you could do to demonstrate the elements of trust (honesty, empathy, predictability, valuing strengths)? Which of these elements is most difficult for you? Why? How could others support you when things are difficult?*

- 3c. When children are actively rejecting you, do you think it is better to give them space or to remain connected? Why? What are some strategies for staying connected without being overly pushy or forceful?*

PART 4: Advice for Struggling Caregivers

(<http://www.youtube.com/watch?v=nwabWfky3Ro>)

Run time: 3 minutes and 28 seconds

Discussion Questions

- 4a. Who can you ask for help when you need it? If you were to create a team that would work with you on the challenging behavior you see in children, who would you want on that team?*

- 4b. What are some specific things kids have said or done that were particularly difficult to handle? Discuss what made that behavior different from other behavior.*

- 4c. Each of us have “buttons” that, when pushed, make it very difficult for us to respond effectively. Share some of your buttons. What could you say or do in advance that would help you in the moment your buttons are getting pushed?*

- 4d. Share your success stories: when have you felt the most successful in handling challenging behavior? What made it work?*

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