



TRAUMA & ATTACHMENT

Understanding. Supporting. Empowering.
Happy minds. Stronger together. Thriving at Harlands.



RELATIONSHIPS
SUPPORT
SAFETY
HEALING

WHAT IS TRAUMA?

Trauma is an emotional response to very difficult or frightening events that overwhelm a child's ability to cope.

It can affect how children think, feel, behave and build relationships.

It is not always caused by a single event – ongoing stress or changes can also be traumatic.

With safety, support and positive relationships, children can heal and thrive.



POSSIBLE IMPACTS OF TRAUMA

- ★ Anxiety, worry or feeling stressed
- ★ Difficulty trusting others or forming relationships
- ★ Big feelings or explosive reactions
- ★ Withdrawing or appearing shut down
- ★ Difficulty concentrating and remembering
- ★ Sleep difficulties or nightmares
- ★ Low self-esteem or self-blame
- ★ Physical symptoms (e.g. tummy aches, headaches)
- ★ Need for control or feeling unsafe
- ★ Changes in behaviour, mood or school attendance
- ★ Difficulty coping with change or transitions
- ★ May find relationships confusing or hard



THE POWER OF ATTACHMENT

Attachment is the emotional bond between a child and their trusted adults.

Strong, positive relationships help children feel safe, valued and understood.

This builds resilience, supports learning, and helps children manage big emotions.

At Harlands, we believe every child deserves at least one safe person who believes in them and is there for them.



HOW WE SUPPORT CHILDREN IMPACTED BY TRAUMA AND BUILD ATTACHMENT AT HARLANDS

1 TRAUMA-INFORMED APPROACH



- We understand trauma and how it affects behaviour and learning.
- We create safe, calm and predictable environments.
- We respond with empathy, not judgment.
- We prioritise relationships first.

2 BUILDING SAFE RELATIONSHIPS



- Consistent, caring adults.
- Key adults children can trust.
- Time to connect and check-in.
- Positive attention and encouragement.

3 CREATING SAFETY AND STABILITY



- Clear routines and boundaries.
- Predictable transitions.
- Sensory and emotional regulation support.
- Safe spaces when needed.

4 SUPPORTING EMOTIONS AND REGULATION



- Helping children name and understand feelings.
- Co-regulation and calming strategies.
- Tools and techniques to manage emotions.

5 STRENGTHS AND RESILIENCE



- Building confidence and self-esteem.
- Celebrating achievements.
- Developing coping skills and resilience.
- Focusing on possibilities, not just problems.

6 TRAUMA-AWARE TEACHING



- Flexible and responsive teaching approaches.
- Breaking learning into manageable chunks.
- Additional time and support.

7 WORKING TOGETHER WITH FAMILIES



- Listening and partnering with families.
- Sharing strategies and resources.
- Respecting each child's story and experiences.
- Keeping communication open and supportive.

8 NURTURE AND RESTORATION



- Repairing relationships after upsets.
- Restorative conversations.
- Encouraging forgiveness, growth and fresh starts.



Our goal is to create a nurturing, supportive community where every child feels safe, valued and connected, so they can heal, learn and reach their full potential.



HOW YOU CAN HELP AT HOME



- ✓ Build routines and keep things predictable.
- ✓ Listen without judgment.
- ✓ Spend special time together every day.
- ✓ Praise effort and positive behaviour.
- ✓ Help your child name their feelings.

- ✓ Offer choices to build a sense of control.
- ✓ Use calm, kind and consistent responses.
- ✓ Encourage healthy sleep, play and movement.
- ✓ Seek support when needed – you don't have to do it alone.



USEFUL NATIONAL LINKS

- NSPCC – Understanding Childhood Trauma www.nspcc.org.uk/keeping-children-safe/child-abuse-and-neglect/childhood-trauma/
- Place2Be – Trauma Informed Schools www.place2be.org.uk/our-services/trauma-informed-schools/
- ACEs Too High – Adverse Childhood Experiences www.acestoohigh.com/
- Mind – Trauma and Mental Health www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/



USEFUL WEST SUSSEX LINKS

- West Sussex Local Offer (SEND Information) www.westsussex.gov.uk/local-offer
- West Sussex Educational Psychology Service www.westsussex.gov.uk/education-children-and-families/special-educational-needs-and-disability-send
- West Sussex SENDIAS www.westsussexsendias.org.uk
- West Sussex Parent Carer Forum (WSPCF) www.wspcf.org.uk



At Harlands, we believe every child deserves to feel safe, connected and supported. Together, we build confidence, resilience and brighter futures.

