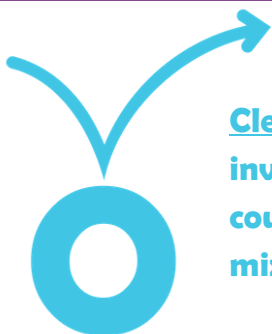


# The 4 C's of Calming

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.

