

Trauma Informed Practice Strategies (T.I.P.S.) for Parents

1. Focus on your child's needs during the investigation and removal
 - Try to stay calm and maintain a calm atmosphere for the child.
 - Be cooperative with police and/or the caseworker to reduce the shock and chaos of removal.
 - If you are arrested, or know you are likely to be arrested, contact, or provide names and numbers of relatives, friends or someone your child knows and trusts, to come and be with the child and assist with the process of removal.
 - Gather together some items for the child to take with them that may be important to them – a few clothes, items they may use for soothing (e.g. blanket or stuffed animal), pictures, favorite toy, etc.
 - Tell the worker or police about medical conditions, medications the child takes. If available, send the medication along with the child.
 - Assure your child that you will be OK.
 - Assure your child that they will be taken to a safe place and cared for.
 - Assure them that you will see them and talk to them as soon as possible.
 - Assure them that you will be doing all that you can and working with others to solve the problems leading to the removal.

2. Help the agency in working to maintain connections with people (e.g. relatives, friends) and places. For example, work with the agency in finding a relative placement or placement with someone your child knows and trusts.

3. Do all you can to provide the agency with important information about your child – medical conditions and needs, medications, concerns about their development or well-being, activities they may have been engaged in prior to removal (e.g. sports or other programs).

4. Focus on your child's needs during your visits and while they are in substitute care.
 - Be faithful and regular in attending visits.
 - Engage fully with your child during visits. Focus on their needs.
 - If it comes up, acknowledge the child's feelings and the difficulty of what they are going through.
 - Continue to assure them that you love them and are doing all that you can to solve problems so that they can come home.
 - Provide information to the foster parents about the child's likes, dislikes, routines, what works to comfort them.
 - Let them know that you are OK.
 - Tell the caseworker if you notice that something is not right with your child, or if you are worried about them for any reason.
 - If given the opportunity, meet with the foster parents. Ask them what it's like at their house and how your child is settling in.
 - Be amiable with foster parents around your child. They will feel more secure if they see the adults in their life cooperating and working together.

3. If possible and allowed, attend medical appointments and school appointments for your child. To the greatest degree possible, continue to play a role in their life.

4. Advocate for your child to receive mental health services and other services they may need to assist them in dealing with the trauma of separation from you as well any trauma they may have experienced before removal.

5. Learn about and assess your child's risk factors and protective factors. Consider what you might do, and prepare to do what you can to increase your child's protective factors and reduce their risk factors after reunification.