



RESPONSES

Submit Strategy

Once you have determined the child's most frequently used safety strategy, you can use this list to select responses that will help the child find safety in other ways, bearing in mind the child's emotional needs and the boundaries of your relationship.

- Encourage the child to do movement that they enjoy, Dancing is particularly helpful for a child who is feeling low energy.
- Introduce rhythmic experiences such as drumming, singing, and playing music.
- If the child can tolerate touch, find opportunities to make light physical contact such as a touch on the shoulder or a side-hug.
- Introduce light scents to their environment to stimulate their senses.
- Introduce simple, repetitive tasks such as beading, braiding, or stamping to encourage concentration and find success.
- Encourage the child to have building experiences using materials such as blocks, playdough, or models.
- Do tasks with child and find opportunities for interaction and enjoyment while you do so.
- Take the initiative for contact and communication with the child. They are unlikely to approach you.
- Provide snacks and drinks that provide sensory experiences such as tangy juices, granola with a variety of textures, or succulent fruit.
- The child is unlikely to take initiative with their social life. Organize low-risk gatherings, outings, or meet-ups and provide support for the child's participation.
- Set up a comfortable and soothing space where the child can relax and feel safe.
- The child may not respond quickly to suggestions or instructions. Notice any frustration you may be feeling and attend to these feelings before expressing them to the child. They need patience and kindness.