

6 Benefits of Attending a Trauma-Informed Parenting Class

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- 1. You will learn how better to understand the definition of trauma and its symptoms.**
 - Trauma is never simple. Understanding the complexities of its types and symptoms can be extremely challenging. Trauma-informed parenting offers the education to understand your child and adolescent reactions and experiences.
- 2. Learn helpful tools to increase self-care and reduce parenting stress.**
 - Caring for children is hard work. Managing life's circumstances and stressors while taking time for yourself can be extremely challenging. Wedgwood Christian Services' Trauma Informed Parenting (TIP) class teaches how to care for your children and yourself. Our parenting class offers a supportive environment that encourages and educates caregivers on different types of self-care through meditational and relaxation activities, self-care check-ins, and ways to identify and spot signs of stress within yourself.
- 3. Increase your knowledge of effectively decreasing big feelings and behaviors.**
 - Trauma-informed parenting class teaches parents and caregivers how trauma derails healthy development and influences a child's thoughts, feelings, and behaviors. Throughout the class, you will learn about emotional "hotspots" in which children and teens experience higher stress levels. Through effective tools and strategies, you will be educated on how to use praise, guidance, and effective discipline styles to decrease undesired behaviors and emotions.
- 4. Engage in a community of supportive, caring individuals with similar experiences.**
 - During times of struggle, parents and caregivers can often feel as if they are all alone in their experiences. Sharing hardships and challenges is vulnerable and not easy to discuss with others. Trauma Informed Parenting class offers a safe space for you to open up about these experiences and recognize that YOU ARE NOT ALONE. The participants in this class and your facilitators have shared experiences and are willing to offer support, guidance, or even a listening ear.
- 5. Learn effective and beneficial ways to manage your thoughts and emotions.**
 - Trauma-informed parenting class recognizes that undesired thoughts, feelings, and behaviors come not only from the children in your care but also from you as caregivers and/or parents. During class, these experiences are normalized and examined through a compassionate lens. Caring for children and adolescents will lead to frustration and negative thinking patterns. TIP class will assist you, as a parent and/or caregiver, in identifying these challenging feelings and emotions and altering them to become more helpful and productive toward change.
- 6. Learn how to be a positive model for your children.**
 - Children and adolescents learn through their experiences. Trusted caregivers and parents are their first teachers in managing stress and uncomfortable thoughts and feelings. Throughout Trauma-Informed Parenting, you will learn how to "model" appropriate reactions to stress and implement techniques that improve resiliency and growth for your children and teens.