



1, 2, 3 - CARE!



AGE	TRIGGERING EVENT	DEVELOPMENTALLY APPROPRIATE BEHAVIOR	FLIGHT	FIGHT	FREEZE	SUGGESTED TRAUMA SENSITIVE CARE
0-1 yr	<ul style="list-style-type: none"> Unexpected changes in routines or caregivers Loud unexpected noises Strong emotions (often anger) 	<ul style="list-style-type: none"> Startle and then calm, clasp hands, suck Cry and then calm 	<ul style="list-style-type: none"> Excessive sleepiness with difficulty arousing Fear of new things Avoids eye-contact Crawls away 	<ul style="list-style-type: none"> Inconsolable crying, unable to soothe Clinging to adults Fussing Back arch Pulling & pushing 	<ul style="list-style-type: none"> Dull eyes / face Look away (disengage) Extreme Passivity Sad No energy Goes from "aware" to "sleep-state" quickly 	<ul style="list-style-type: none"> Consistent routines and caregivers Be physically and emotionally available through the challenging feelings / behavior Verbalize sympathy Allow comfort items Sensitivity to the child's cues 
1-3 yrs	<ul style="list-style-type: none"> Unexpected changes in routines Transitions Strangers Crowds, disorder and chaos Anger (real or perceived) from others 	<ul style="list-style-type: none"> They get really excited and "talk" a lot or withdraw Eager to engage Cry and calm themselves Becomes easily frustrated which can lead to aggression Developmentally appropriate fear of strangers 	<ul style="list-style-type: none"> Difficulty paying attention Fearfulness Isolation Refusal to participate through withdrawal Running away 	<ul style="list-style-type: none"> Aggressive behavior Clingy Tantrums Refusal to participate through disruptive behavior Throws toys 	<ul style="list-style-type: none"> "Checking out" Difficulty following directions and/or paying attention Difficulty learning Unresponsive 	<ul style="list-style-type: none"> Help identify & label feelings Minimize power/control-focus on collaboration Movement and exercise Deep, slow breathing games like: blowing candles out, breathing in the smell of roses Allow extra time for children to prepare for transitions Allow child to take a break Give individual child advanced warning and help during transitions Allow comfort items Sensitivity to the child's cues
3-5 yrs	<ul style="list-style-type: none"> Unexpected changes in routines Transitions Perceived aggressive behavior Disorder and chaotic environments 	<ul style="list-style-type: none"> They get really excited and "talk" a lot Eager to engage Becomes easily frustrated which can lead to aggression Curious about strangers When they perceive adult anger, they become watchful Seeks comfort items and moves toward others 	<ul style="list-style-type: none"> Run away Hide Inconsolable crying Seeks comfort items and moves away from others Frequent complaints of aches, pains, and illnesses Regressive behavior (bathroom accidents, sucking thumb) 	<ul style="list-style-type: none"> Get in your face Want to tell their story Rapid aggression Throw things 	<ul style="list-style-type: none"> Checking out Unresponsive/does not appear to hear you or understand you Difficulty learning Difficulty following directions 	<ul style="list-style-type: none"> Allow a comfort item like a blanket and take a break Ask the child, "How can I help you feel safe?" Help them identify and label feelings Respecting the child's timing/phase for resolving needs Sensitivity to the child's cues and abilities 

Remember to consider the need behind the behavior

TRIGGER: an event or situation that results in negative and/or disturbing feelings – feelings of being threatened or unsafe.

Event something that triggers a person or makes them feel threatened
Fight moving toward the person thought to be a threat (*fighting and returning the negative energy*)
Flight moving away from the person thought to be a threat (*fleeing*)
Freeze using the mind to move away from the person thought to be a threat (*standing still while "checking out"*)

Namka, L. (2002). Help your child deal with feelings of threat: The options: Fight, Flight, Freeze or Deal with the Problem. <http://www.angriesout.com/parent9.htm>