

# TRAUMA INFORMED TRAINING FOR CHILDREN'S MINISTRY



Project **1.27**

Fostering and Adopting in Faith

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Kids come into children's ministry from all types of backgrounds, not just foster care or adoption; eg: financially stressed parents, those that have experienced divorce, grief and loss, domestic violence or children with developmental delays. With the increase in these situations within our society, the church and/or children's ministries can learn new ways of dealing with hurting children.

Ministry volunteers may be thinking 'there is no need to change, we've been doing this for a long time and we use traditional consequences'. While traditional consequences might make a child comply temporarily it doesn't build healthy habits for kids that need to learn to trust adults, especially kids from hard places.

Here are a few ideas to try in the classroom:

**Technique:** Connect Before You Correct

**Feeling:** "You're worthy", "You're liked", "Safe"

**How To:**

- Safe Touch: ask for hands, gentle chin lift. Set boundaries for kids that seem to have none.
- Empathetic Facial Expression: Our face and body language say so much about how we feel about someone
- Nurturing tone of voice:
- Non-judgement listening

**Technique:** Time in

**Feeling:** safety, understood

**How to:** Draw kiddos closer when struggling, do not separate from the group if at all possible. Help them to regulate!

This specialized and different approach works with kids that have unknown stories or backgrounds, children from hard places. Upon participating in training you will begin to understand the differences in working with children from hard places, we will provide practical strategies for you to respond in healthy ways to all kids, you'll also be able to shape your approach in working with kids who have a hurting story.

Project 1.27 wants to equip you to help, heal and connect with the Hearts of the children God has positioned you to serve and make a lasting impact in their lives. Contact [info@project127.com](mailto:info@project127.com) for more information on Trauma Informed training for your ministry volunteers.