PACE: A trauma-informed approach to supporting children and young people

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PACE: A trauma-informed approach to supporting children and young people explains a relationship-based approach developed by Dr Dan Hughes to help adults build safety, trust, and connection with children and young people who have experienced trauma. PACE stands for **Playfulness, Acceptance, Curiosity, and Empathy** and encourages adults to look beneath behavior, respond calmly and compassionately, and help children regulate emotions before moving to reasoning or consequences

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