Building Trust with Children and Youth

Parenting Resources · https://bridges4mentalhealth.org/hub/parenting-resources/building-trust-with-children-and-youth-2/

Summary: It is important that parents utilize specific approaches to help children from hard places when they are dysregulated. Get tips for communicating and assuring children from Mary McGowan, a trained Trust-Based Relational Intervention specialist. Mary leads the Association for Training on Trauma and Attachment in Children (ATTACh) and has fostered many children over 26 years and is a single adoptive parent of 5 youth ranging from 13-22 years old.

Application: Professionals can review this video with parents they work with. Parents can add the tips shared in this video to their toolbox so that they are better equipped in times of crisis and know how to help their child regulate so they can better handle challenges.

Source: National Foster Parent Association

Read More