Trauma Informed Parenting-Sequential Engagement

Parenting Resources · https://bridges4mentalhealth.org/hub/parenting-resources/trauma-informed-parenting-sequential-engagement/

Summary: Dr. Bruce Perry discusses the Three R’s (Regulate, Relate, and Reason) and how parents can build skills around the sequence of engagement to best help children when they are feeling dysregulated.

Application: Utilizing sequential engagement can help parents respond and create a sense of calm and safety when their children are dysregulated .

Source: National Training and Development Curriculum

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