



Healing the *Caregiver,* Supporting the Child

A Trauma-Informed Resilience Workbook for
Parents, Caregivers & Early Childhood Educators



HEAL TOGETHER. GROW TOGETHER. THRIVE TOGETHER.



TRAUMA-
INFORMED



RELATIONSHIP-
CENTERED



CULTURALLY
AFFIRMING



RESILIENCE
& JOY



HEALING TODAY,
HOPE FOR
GENERATIONS

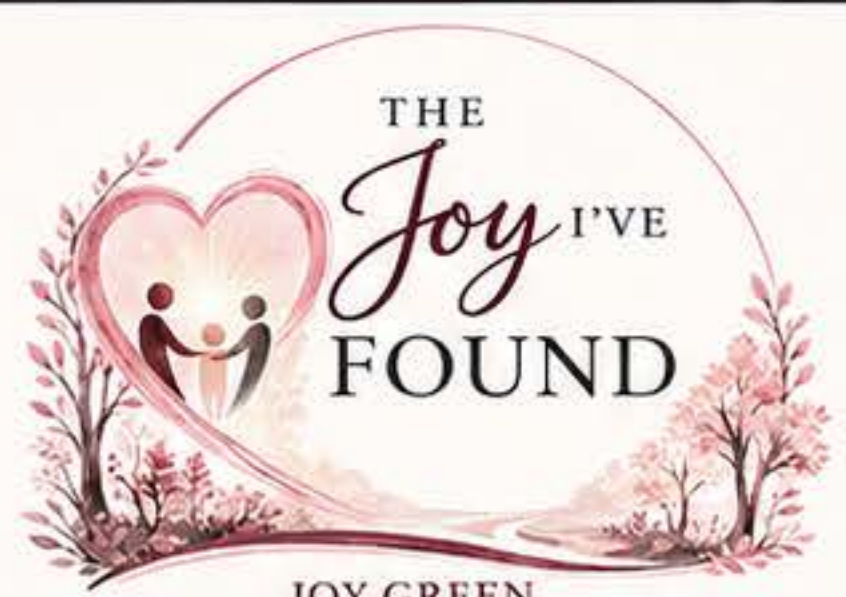
HEAL YOUR HEART. STRENGTHEN YOUR CONNECTION, BUILD THEIR FUTURE.

Together.

JOYROOTS™

The Trauma-Informed Framework:
6 Principles That Become Daily Classroom Habits

By The Joy I've Found



JOY GREEN

TRAUMA INFORMED SPECIALIST

Reclaim. Rediscover. Reignite.
Your journey back to joy, connection, and wholeness.

1 SAFETY
Children feel physically, emotionally, and relationally safe.

Looks like:
Predictable routines •
Calm transitions •
Cozy safe spaces

2 TRUST
Adults are consistent, transparent, and dependable.

Looks like:
Visual schedules •
Follow-through •
Clear expectations

3 CHOICE
Children have a voice in safe, developmentally appropriate ways.

Looks like:
Two choices •
Flexible participation •
Child voice



4 COLLABORATION
Teachers, children, and families solve problems together.

Looks like:
Family partnerships •
Shared problem-solving •
Team language

5 EMPOWERMENT
Strengths are noticed, practiced, and celebrated daily.

Looks like:
Encouragement •
Skill-building •
Leadership moments

6 CULTURE & EQUITY
Identity, language, and lived experience are affirmed and honored.

Looks like:
Home language •
Inclusive books & materials •
Belonging

A. HOW IT SHOWS UP IN EARLY CHILDHOOD

Predictable Routines
Children know what comes next

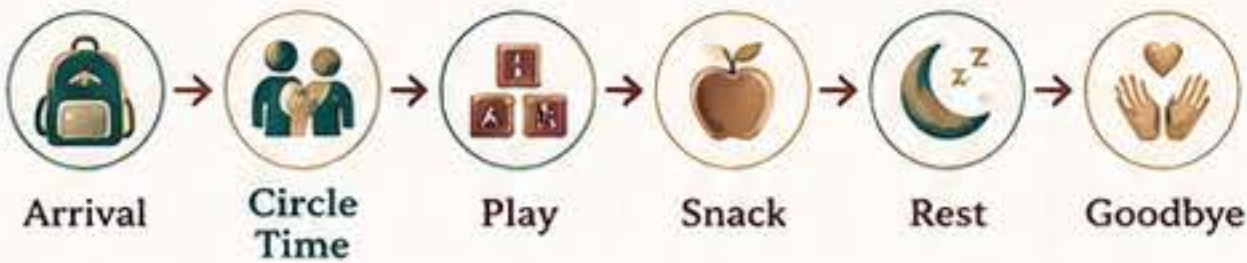
Warm Relationships
Connection before correction

Co-Regulation
Calm adult, calm child

Respectful Family Partnerships
Families are experts on their children

Culturally Affirming Practice
Every child sees themselves reflected

B. DAILY RHYTHM BUILDS SAFETY



Consistency lowers stress and helps children learn.

C. CO-REGULATION IN ACTION



Regulation grows through relationships.

D. FAMILY PARTNERSHIP HABITS

- ✓ Listen without judgment
- ✓ Honor family culture and routines
- ✓ Share observations both ways
- ✓ Problem-solve together



E. CULTURE & EQUITY IN PRACTICE

- ✓ Correct name pronunciation
- ✓ Home-language supports
- ✓ Family photos and stories
- ✓ Bias-aware, inclusive materials

Healing happens in everyday moments.
Trauma-informed classrooms turn care into daily habits.



UNDERSTANDING BIG FEELING



JOY GREEN
— TRAUMA INFORMED SPECIALIST —
Reclaim. Rediscover. Reignite.
Your journey back to joy, connection, and wholeness.

Ages 0-5 • Big emotions are normal • Young children need co-regulation before they can self-regulate

WHAT BIG FEELINGS CAN LOOK LIKE

- Crying, screaming, or dropping to the floor
- Hitting, kicking, throwing, or pushing
- Clinginess, hiding, freezing, or running away
- Whining, refusing, or saying "NO!"



WHAT YOUR CHILD IS REALLY COMMUNICATING

- "I'm overwhelmed."
- "I need help calming down."
- "I don't have the words yet."
- "I need connection, safety, or a break."

WHAT NOT TO ASSUME

- Not manipulation
 - Not "being bad"
 - Not disrespect
 - Not proof of bad parenting
- A meltdown is a skill-building moment, not a character flaw.

3 SUPPORTIVE RESPONSES

- Stay close + stay calm**
Get low, soften your voice, breathe slowly.
- Name the feeling**
"You're mad/sad/frustrated. I'm here."
- Hold the limit + offer help**
"I won't let you hit, Let's squeeze, stomp, or take a breath."

THE SUPPORT LOOP



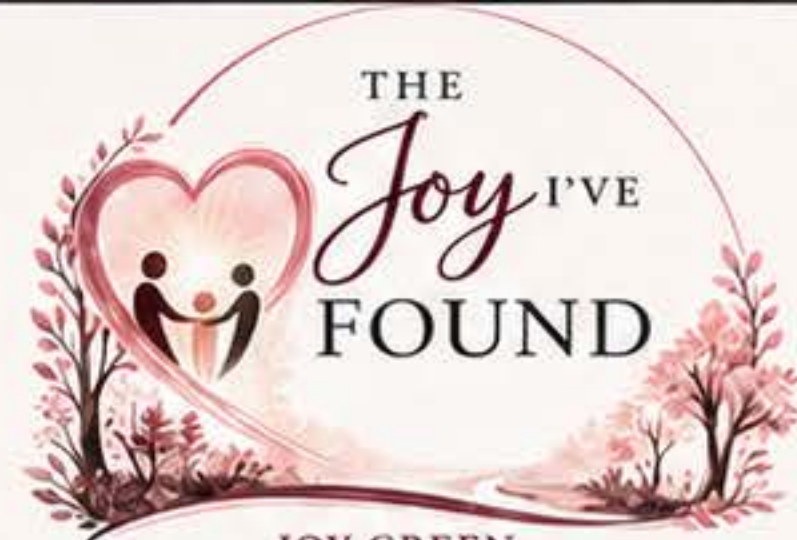
AGES 0-5

- 0-1** 0-1: Crying, arching, startle responses
- 1-3** 1-3: Tantrums, throwing, biting, "no!"
- 3-5** 3-5: Yelling, running off, power struggles

Connection first. Limits second. Skills grow over time.

5-Steps for Brain Building: Serve and Return

Based on the Center on the Developing Child at Harvard University.



JOY GREEN

TRAUMA INFORMED SPECIALIST

Reclaim. Rediscover. Reignite.

Your journey back to joy, connection, and wholeness.



HARVARD UNIVERSITY

Center on the Developing Child

When children serve, caring adults return.



These back-and-forth moments help build brain architecture, language, social skills, and emotional well-being.



- 1 Notice the serve**
Pay attention to the child's focus, sounds, gestures, facial expressions, words, or behavior.
- 2 Return the serve**
Respond warmly with eye contact, words, comfort, imitation, or action.
- 3 Give it a name**
Name what the child is seeing, doing, or feeling to build language.
- 4 Take turns**
Go back and forth; wait, listen, and give the child time to respond.
- 5 Practice endings and beginnings**
Help children with transitions using predicted greetings, routines, and goodbyes.

EXAMPLES OF CHILD SERVES



THE POWER OF BACK-AND-FORTH



Every interaction is a building block for a healthy brain and a strong, lifelong relationship.

WHY IT MATTERS IN EARLY CHILDHOOD

- Builds brain connections**
Responsive interactions strengthen neural pathways that support learning and development.
- Supports language**
Naming and talking together build vocabulary, communication, and literacy skills.
- Strengthens relationships**
Warm, consistent responses build trust, attachment, and positive relationships.
- Grows self-regulation**
Back-and-forth interactions help children manage emotions and develop self-control.
- Helps children feel safe and seen**
Feeling understood and valued helps children thrive socially, emotionally, and academically.

IT HAPPENS EVERY DAY!

- Serve and return can happen during all kinds of moments:
- ✓ Playtime
 - ✓ Meals & snacks
 - ✓ Diapering & caregiving
 - ✓ Reading & stories
 - ✓ Transitions & routines
 - ✓ Everyday classroom moments

Remember: Small moments. Big impact. You don't need to be perfect—just present. Your warm, responsive interactions help build a strong foundation for life.

You matter. They matter.

Honoring Culture, Protecting Children

Research-based examples of inherited practices that may cause **fear, shame, silence, disconnection, or emotional harm** — and trauma-informed shifts.



1



Physical Punishment

Passed Down: "This is how I was raised."

Research shows: Linked to anxiety, aggression, low self-esteem, and poor mental health.

Trauma-informed shift: Use calm limits, redirection, repair, and connection.



~1.2 billion children experience corporal punishment at home yearly (WHO).

2



Harsh Shaming

Passed Down: "Stop crying." "That will toughen them up."

Research shows: Shaming and verbal abuse can increase stress and harm emotional wellbeing.

Trauma-informed shift: Guide behavior without attacking identity.



Try: "I won't let you hit. I'm here to help."

3



Silencing Emotions

Passed Down: "Don't talk about family problems."

Research shows: Shame and silence can block disclosure and emotional growth.

Trauma-informed shift: Teach: "You can tell me hard things."

4



Obedience Without Warmth

Passed Down: "Children should never question adults."

Research shows: Highly controlling care can reduce voice, safety, and problem-solving.

Trauma-informed shift: Keep boundaries, but add warmth, explanation, and choice.

5



Parentification

Passed Down: "You are the man/woman of the house now."

Research shows: Adult-sized responsibilities can create long-term emotional strain.

Trauma-informed shift: Protect childhood; give age-appropriate responsibilities only.

6



Mental Health Stigma

Passed Down: "We don't need therapy." "Pray it away."

Research shows: Stigma can delay support and increase shame.

Trauma-informed shift: Normalize support: therapy, prayer, community, and care can work together.

7



Body Autonomy & Harmful Traditions

Passed Down: "Hug them; don't be rude."

Research shows: Ignoring consent or harmful gender-based traditions can harm safety and mental health.

Trauma-informed shift: Offer choices, respect consent, and reject practices that harm children's bodies or dignity.



More than 230 million girls and women have undergone FGM (UNICEF).

What Protects Children?



Safe, stable relationships



Warmth + clear boundaries



Voice, consent, and emotional safety



Culture honored without harm

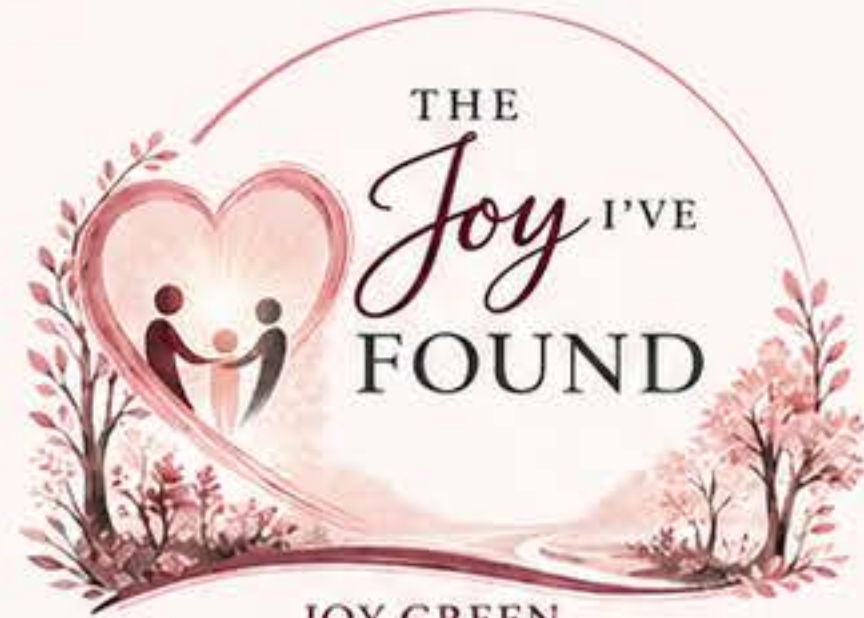


Key Takeaway

Healing does not mean rejecting culture. It means carrying forward the parts that protect love, identity, belonging, and peace.

- Lead with humility.
- Listen with curiosity.
- Co-create with families.
- Build resilience together.





JOY GREEN
— TRAUMA INFORMED SPECIALIST —

Reclaim. Rediscover. Reignite.
Your journey back to joy, connection, and wholeness.

The Trauma-Informed Discipline Formula

A simple 4-step process for responding with connection, regulation, teaching, and repair



1. Connect

Help the child feel safe.

"I see you're upset."



- Eye contact
- Calm body language
- Get to their level

2. Regulate

Support the child's nervous system.

"Let's take some breaths together."



- Breathe together
- Name feelings
- Offer calming support

3. Teach

Once calm returns, discuss what happened.

"Hitting hurts people."

"Toys are for sharing."



- Keep it simple
- Be clear & kind
- Teach the skill

4. Repair

Help the child make things right.

"What can we do to help?"

"Would you like to check on your friend?"



- Make amends
- Practice empathy
- Rebuild connection



Connect



Regulate



Teach



Repair

Connection comes before correction.



Builds safety

Children feel secure and supported.



Supports regulation

Calmer bodies lead to calmer behaviors.



Teaches skills

Children learn what to do next time.



Strengthens relationships

Connection today creates trust for tomorrow.

Discipline is not about punishment.

It is about helping children feel safe, learn skills, and repair relationships.

Three Trauma-Informed Ways to Strengthen Physical Safety

Mindful classroom habits that help children feel safe, regulated, and ready to learn

1. Make the classroom predictable

Predictable routines and rituals help children know what is coming next. This lowers anxiety and supports emotional regulation.

Try these everyday:



Visual schedules



Transition warnings



Consistent greetings



Cleanup songs



Repeated classroom rituals

2. Reduce unnecessary overwhelm

Some children are sensitive to noise, clutter, lighting, crowding, or fast transitions. A mindful classroom considers sensory load.

This does not mean the room has to be silent. It means educators notice what may be overstimulating and adjust when possible.

Look, listen, and adjust:



Notice noise



Reduce clutter



Soften lighting



Create space



Slow transitions

OVERWHELM

CALM

- ✗ Loud & constant noise
- ✗ Cluttered & crowded
- ✗ Bright & harsh lights
- ✗ Back-to-back transitions



- ✓ Manage noise levels
- ✓ Clear & organized
- ✓ Soft & natural light
- ✓ Gentle pace & pauses

3. Use the adult body as part of the environment

Where you stand, how quickly you move, how loudly you speak, and how close you get can either escalate or calm a child.

A trauma-informed educator uses safe proximity, a calm tone, open body language, and slow movements to communicate:

"You are safe. I am here to help."

Soft facial expression

Calm tone & volume

Open body language

Hands open & visible

Kneel or sit at child level



Safe proximity



Calm tone



Open body language



Slow movements



RHYTHM
Predictable flow & routines



SENSORY
Aware, responsive environments



ADULT PRESENCE
Calm, consistent, and connected



Physical safety is not only about the room. It is also about rhythm, sensory awareness, and the adult presence children experience every day.



When children feel physically safe, they are more able to connect, regulate, and learn.





JOY GREEN
TRAUMA INFORMED SPECIALIST
Reclaim. Reconnect. Reignite.
Your journey back to joy, connection, and wholeness.

Trauma-Informed De-Escalation Steps

A simple 4-step process for helping children feel safe, regulated, and ready to learn again.

1 CONNECT

Start with safety and connection.

Example phrases:

- "I'm here with you."
- "You're safe. I can help."

- ♥ Get low and calm
- ♥ Use a soft voice
- ♥ Stay nearby



2 REGULATE

Help the child's body calm before problem-solving.

Example phrases:

- "Let's breathe together."
- "Let's take a moment."

- ♥ Breathe together
- ♥ Reduce stimulation
- ♥ Offer calming support

3 TEACH

Once calm returns, teach the skill or limit.

Example phrases:

- "Hands are for helping."
- "You can say, 'Can I have a turn?'"

- ♥ Keep it brief
- ♥ Be clear and kind
- ♥ Teach what to do instead

4 REPAIR

Support reconnection and making things right.

Example phrases:

- "What can we do to help?"
- "Would you like to check on your friend?"

- ♥ Practice empathy
- ♥ Make amends
- ♥ Rebuild connection



Connection comes before correction.

WHAT THIS HELPS BUILD

- SAFETY**
Children feel secure.
- REGULATION**
Calmer bodies, calmer behavior.
- SKILLS**
Children learn what to do next time.
- RELATIONSHIPS**
Connection strengthens trust.

Trauma-informed de-escalation is not about punishment. It is about helping children feel safe, regain regulation, learn the skill, and reconnect.

You don't have to fix the moment. You just have to stay with it.

CALM. CONNECTION. COMPASSION. Every child. Every time.

MY SAFE SPACE FOR THOUGHTS



Let's Connect!

Thank you for being part of the Trauma-Informed Educator and Parent Resilience Cohort.

My hope is that this workbook continues to support you long after our time together — in your home, classroom, caregiving spaces, and personal healing journey.

For more resources, guided meditations, books, workshops, and personal support, I would love to stay connected with you.

CONNECT WITH ME

Joy Green
Founder, The Joy I've Found
Trauma-Informed Education Specialist
Chopra Center–Trained Meditation Leader
TEDx Transformational Speaker
5x International Bestselling Author

Website: www.thejoyivefound.com
Email: info@thejoyivefound.com
Phone/Text: 562-704-6671
LinkedIn: www.linkedin.com/in/joyygreen

FOLLOW THE JOY I'VE FOUND

Instagram: @thejoyivefound
Facebook: The Joy I've Found
TikTok: @thejoyivefound
YouTube Meditation Channel: @TheJoyIveFound

Visit my YouTube channel for guided meditations, mindfulness practices, breathwork support, and reflections created to help you return to calm, clarity, and joy.

PURCHASE MY BOOKS

Continue your healing and self-discovery journey with my books and reflection resources.

Journey to Joyfulness
A reflective guide to help you reconnect with self-love, inner peace, and the joy already within you.

Stuck Is NOT Your Story
An empowering reminder that where you are today does not define where you are going.

Available on Amazon and my website.
Search: Joy Green The Joy I've Found



JOY GREEN

TRAUMA-INFORMED EDUCATION SPECIALIST

Reclaim. Rediscover. Reignite.

Your journey back to joy, connection, and wholeness.

Let's Connect!

WORK WITH ME PERSONALLY

I offer personal support for individuals, caregivers, educators, and women who are ready to reconnect with themselves, reduce stress, and move forward with more clarity, confidence, and joy.

You can work with me through:

1:1 Transformational Coaching

Personalized support to help you get unstuck, reconnect with your purpose, and create a life that feels more aligned.

Trauma-Informed Resilience Support

Gentle tools and strategies for parents, caregivers, and educators who want to build more calm, connection, and emotional safety in their daily lives.

Custom Guided Meditation Recordings

Personalized meditation recordings created around your specific needs, intentions, affirmations, season of life, or healing focus.

Workshops & Speaking

Book me for parent workshops, educator trainings, wellness sessions, trauma-informed resilience workshops, mindfulness experiences, and community events.

READY TO CONNECT?

To book a session, request a custom guided meditation, purchase books, or learn more about upcoming workshops and resources, visit:

www.thejoyivefound.com

Or send me a message directly:

info@thejoyivefound.com

562-704-6671

Reclaim. Rediscover. Reignite.

Your journey back to joy, connection, and wholeness.



JOY GREEN

TRAUMA-INFORMED EDUCATION SPECIALIST

Reclaim. Rediscover. Reignite.

Your journey back to joy, connection, and wholeness.