

Trauma-Informed Preventative Care (TIPC)

Putting TIPC principles into practice with insights from patients and families



Safety

Safety feels different for everyone.

Create a physically, psychologically, and culturally safe environment.

"I would like people to understand what helps my child feel safe"



Trust

Create predictability.

Maintain consistent boundaries and expectations.

"This interaction might be the first or most impactful in a young person's life, so treat this relationship with respect."

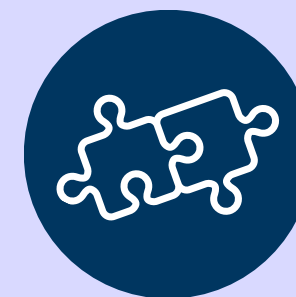


Choice

Provide options.

Involve children, young people, and families in decision-making.

"Being given choices means so much to my child and me."



Collaboration

Work with, not for, children, young people, and families.

Use language they understand.

"Please don't assume how I'm feeling or what I need. I know I'm little, but please just ask me."



Empowerment

Acknowledge and validate strengths.

Children, young people, and families are the experts on their own lives and experiences.

"Please see the whole me, not just the part of me that you're currently treating."

For more info go to bit.ly/TIPCinfo