

Dear Educator,

Thank you for your dedication and work with our child. You are valuable and important!

I wanted to let you know that in our family, we use healing-centered, trauma-informed interventions with our child, because we have found that traditional “reward-punishment” methods have increased their shame, anxiety, and ultimately behaviors.

We will keep the details of our child’s history private, but our child shows signs and symptoms that stem from experiencing early childhood trauma. This has impacted our child in a couple of key ways.

We’ve seen this show up through:

We’ve found some ways that help are:

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We understand that your classroom has norms and expectations for all children, and we hope you’ll keep us informed of how our child is doing, and what methods you are using to support them. We hope you’ll build a positive relationship with our child and are excited about the year ahead! We would love to collaborate with you and find ways together to set our child up for success.

With gratitude,

"Dear Educator" Letter Examples:

Here are a few examples of how you can utilize the prompts to help your child's teacher better understand your child's needs and ways to support them.

We've seen this show up through:

It has heightened their stress and fear response, leading to some bigger reactions to what you might perceive as minor stressors. When this happens, they have a hard time regulating themselves, and they need support.

We've found some ways that help

are: *They need predictability, calm supportive adults, and to feel safe with you. We've found getting them moving, a drink of water, and calm reminders can be especially helpful.*

We've seen this show up through:

It has inhibited their executive functioning. They have trouble remembering, using logic, and processing cause and effect. It can seem like they are not listening or obeying.

We've found some ways that help

are: *They need simple instructions to be repeated, they need scaffolded supports for organization and memory, and they need extra time to comply. We've found giving small bite size instructions to be especially helpful.*

We've seen this show up through:

It has impacted their sensory processing. They seem to seek out movement and touch, while avoiding foods with unfamiliar or non-preferred textures.

We've found some ways that help

are: *We give them lots of opportunities to move their body - taking a quick walk down the hall, carrying something heavy, or getting a big hug. In our home, we don't force them to eat foods that they're uncomfortable with and we don't force them to finish their plate.*

We've seen this show up through:

It has increased their sense of shame. Even what I perceive as a minor redirection can lead to a shame spiral that escalates them. Redirections that are harsh, in front of peers, or using shame to gain compliance tend to increase their behavioral challenges, rather than reduce them.

We've found some ways that help

are: *In our family, we redirect one on one whenever possible, asking them to step away from peers or siblings. We get close and use a soft voice to redirect, rather than shouting across the room. We use positive framing, telling them what TO do rather than only what NOT to do.*