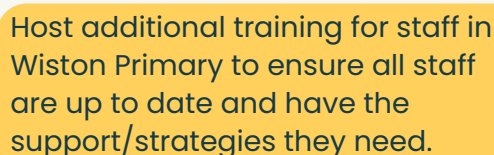
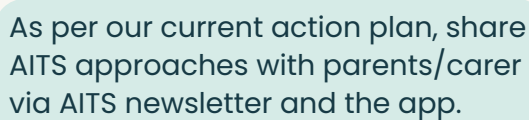
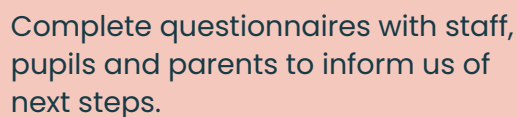




## ATTACHMENT INFORMED TRAUMA SENSITIVE PRACTICE AT WISTON PRIMARY

We will continue to carry out questionnaires with parents/carers, staff and pupils to help us identify our next steps.



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When your child is calm, their 'thinking brain' (fingers) is connected to the 'feeling brain' (thumb), keeping everything under control.

However, when stress or big emotions hit—like worry about a test or anger after a disagreement—the 'thinking brain' can disconnect, or 'flip its lid'. When the lid is flipped, the 'feeling brain' is in charge, leading to those big reactions like crying, yelling, or hitting.

It is important for us to try to stay calm, co-regulate with the child, modelling calming responses and help them put their 'lid' back down, reconnecting their feeling brain with their thinking brain.



## ATTACHMENT INFORMED TRAUMA SENSITIVE PRACTICE AT WISTON PRIMARY



**REPAIR**

- "I still like you. That hasn't changed"
- "I'm sorry I didn't realise what happened"
- "Things went wrong but we got through it together"
- "What can we do differently next time?"

