# Trauma-Informed
# Tools for Transition

## Expect

## Provide
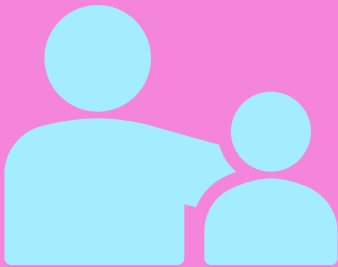
### Expect Uncertainty

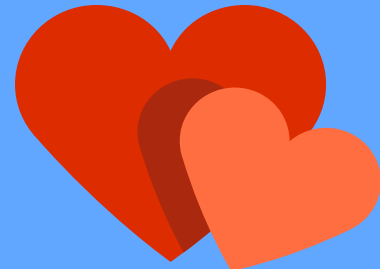"I don't know what's happening!"

### Provide Opportunities for Mastery

"We did it!"

### Expect Seeking Safety

"I need you!"

### Provide Caring Connection

"We are together."

### Expect Expression of Big Feelings

"I can't do this!"

### Provide Calm

"We can take deep breaths."

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## Expect

## Provide

### Expect Uncertainty

We know that transitions bring up a sense of uncertainty about what is going to happen next. Uncertainty is stressful. Stress is seen and experienced in bodies, in feelings, in behaviors, and in thoughts. Signs of stress will continue until we feel safe and connected to others.

### Provide Opportunities for Mastery

We provide opportunities for mastery through planning carefully and breaking down tasks into smaller, more manageable pieces. By experiencing the joy of success we increase our confidence and our willingness to try something new.

### Expect Seeking Safety

We know that transitions bring up a need to seek safety. We do this through finding connection with others and participating in familiar routines. These provide a safe haven where stress can be soothed, and we can feel and express big emotions.

### Provide Caring Connection

We provide care and connection through sharing in the feelings of others, being responsive to needs, and actively listening. Even when we can't be physically close, we can connect through facial movements, gestures, and gentle voices. Our goal is to create a caring holding space.

### Expect Expression of Big Feelings

We know that transitions bring up big feelings of all kinds. Big feelings will be seen in words, gestures, behaviors, and facial expressions. Big feelings that are met with understanding and care will find a safe place to be felt with and calmed.

### Provide Calm

We provide calm through first breathing, reflecting on our stressors, and slowing ourselves down. By finding our calm state, we can effectively respond, rather than react, to stressful moments. We can then lend our calm to others.