

A decorative blue dashed line consisting of several short, thick segments arranged in a curved path along the top-left edge of the white circle.

Therapeutic Parenting and Trauma Informed Care

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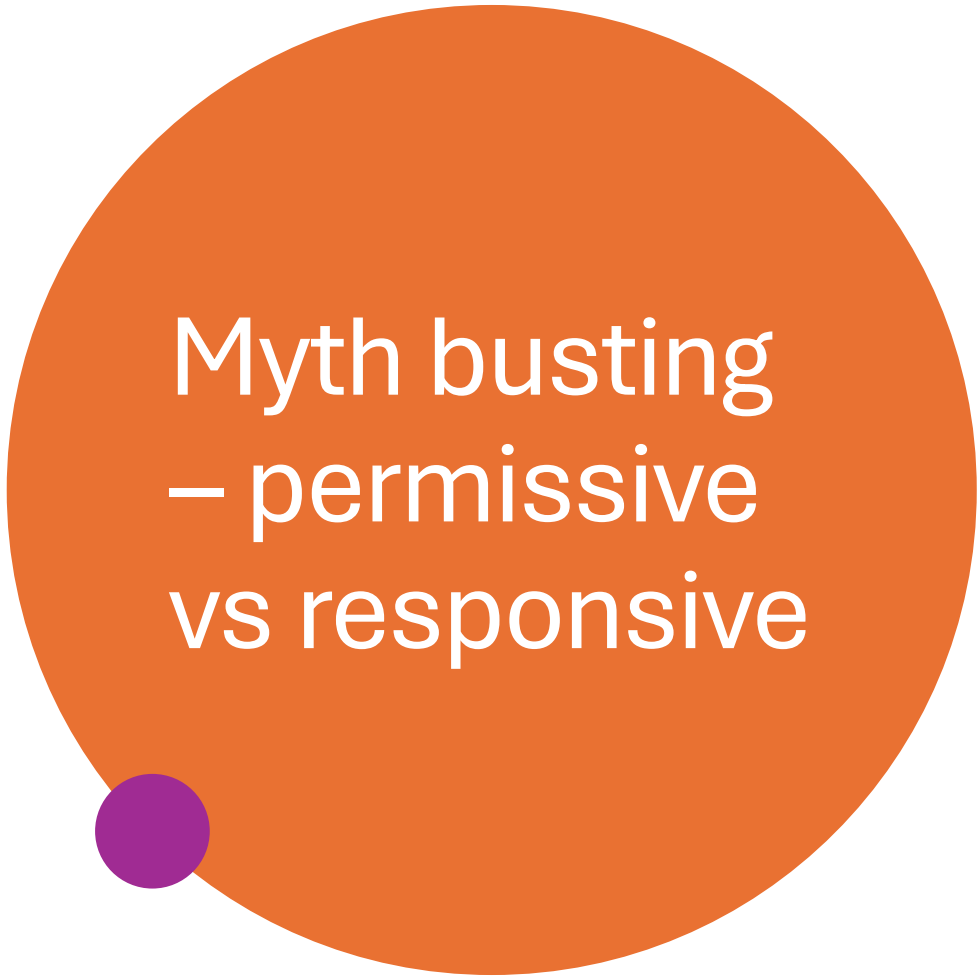
(And a lot of other roles!)

A solid purple circle located in the bottom-right quadrant of the white circle, partially overlapping the orange background.



Staff concerns

- Am I being too soft?
 - The young people don't respect boundaries
 - I'm worried about keeping everyone safe
 - Challenging behaviours feel personal
 - I'm burning out – its relentless
- 



Myth busting – permissive vs responsive

- Permissive parenting – lack of structure, avoiding limits, inconsistent
- Trauma informed and responsive parenting – consistent boundaries delivered with empathy.

Responsive does not mean permissive – it recognises behaviour as communication to respond and not react



Reframing staff concerns

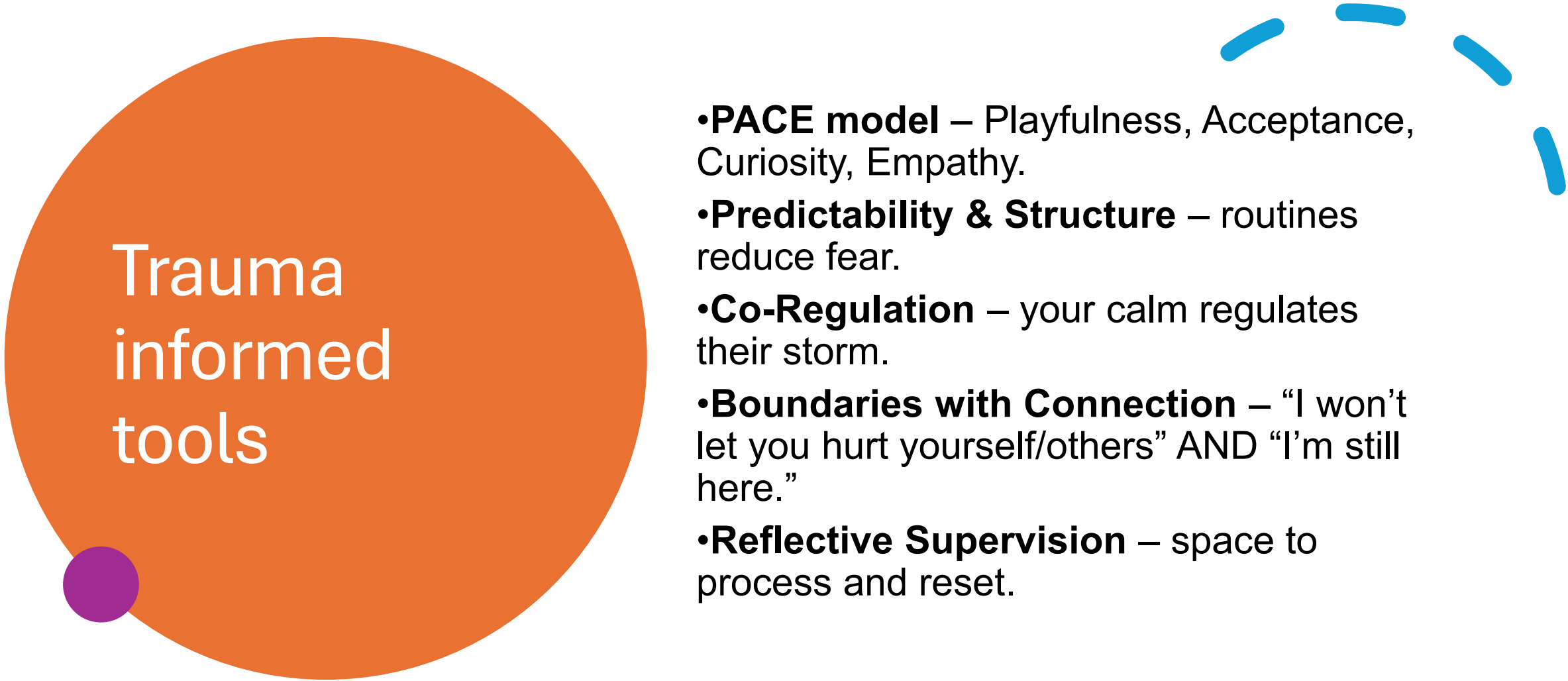
“Am I too soft?” → *You’re building trust before correction.*

“No respect for rules” → *Trauma disrupts trust; respect grows with safety + consistency.*

“Safety worries” → *Boundaries + de-escalation are protective, not punitive.*

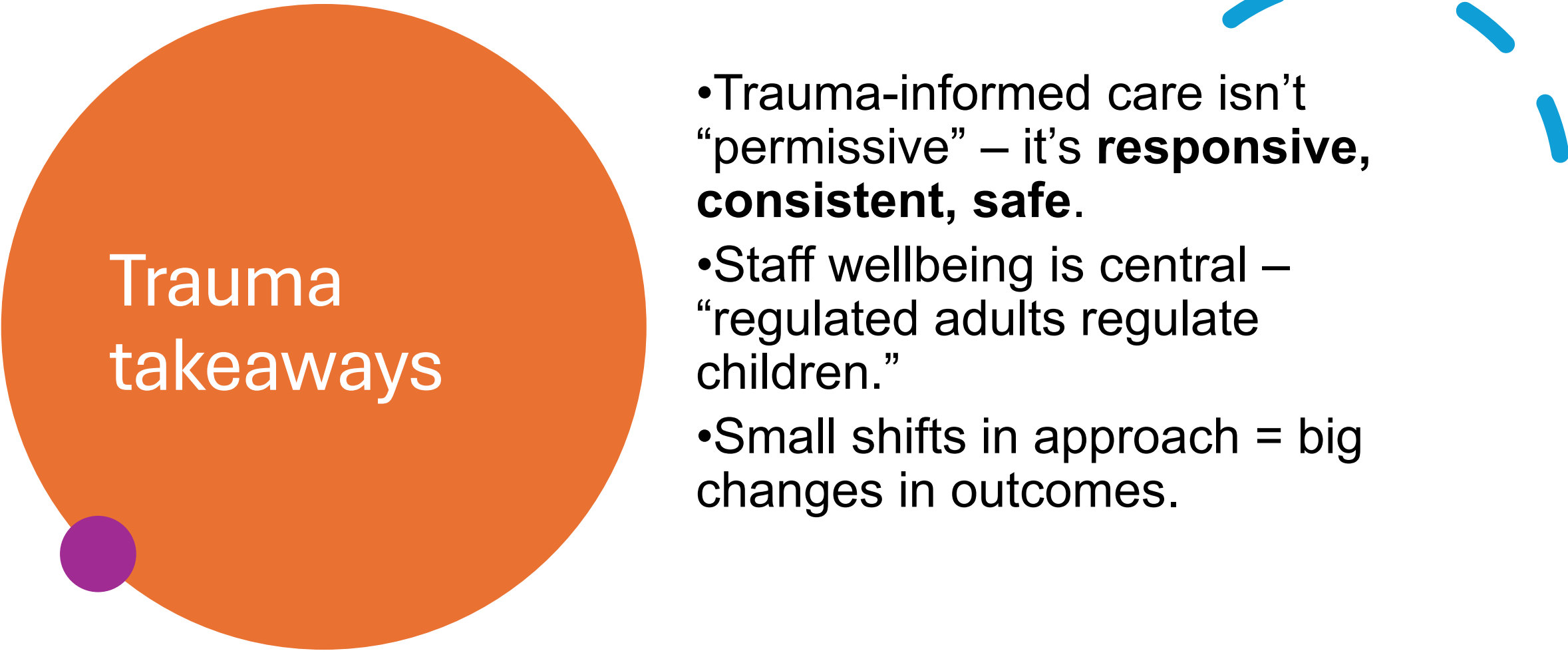
“It feels personal” → *It’s trauma replay, not rejection of you.*

“I’m burning out” → *Caring for self is part of caring for them.*



Trauma informed tools

- **PACE model** – Playfulness, Acceptance, Curiosity, Empathy.
- **Predictability & Structure** – routines reduce fear.
- **Co-Regulation** – your calm regulates their storm.
- **Boundaries with Connection** – “I won’t let you hurt yourself/others” AND “I’m still here.”
- **Reflective Supervision** – space to process and reset.



Trauma takeaways

- Trauma-informed care isn't "permissive" – it's **responsive, consistent, safe**.
- Staff wellbeing is central – "regulated adults regulate children."
- Small shifts in approach = big changes in outcomes.