

## Personal Trauma-Informed Child Welfare Practice Action Plan: Daily Strategies

Participant Name: \_\_\_\_\_ Date: \_\_\_\_\_

County: \_\_\_\_\_

Go back to the strategies you identified under the Essential Elements at the end of each module. Read through all of these strategies now. Then, select **three** strategies that you want to commit to implementing as part of your Action Plan. Write each of these strategies in the boxes provided below, and in the corresponding box in the right hand column, write in the Element number associated with each strategy.

**Essential Elements:**

1. Maximize the child’s sense of safety.
2. Assist children in reducing overwhelming emotion.
3. Help children make new meaning of their trauma history and current experiences.
4. Address the impact of trauma and subsequent changes in the child’s behavior, development, and relationships.
5. Coordinate services with other agencies.
6. Utilize comprehensive assessment of the child’s trauma experiences and their impact on the child’s development and behavior to guide services.
7. Support and promote positive and stable relationships in the life of the child.
8. Provide support and guidance to the child’s family and caregivers.
9. Manage professional and personal stress.

Strategy (refer to strategies listed under the Essential Elements)	Associated Essential Element Number
<p><b>Example strategy:</b> Over the next three months and in 20-minute increments at least three times per week, I will practice one of the following stress management techniques: meditation, prayer, conscious relaxation, deep breathing, and/or exercise.</p>	9
<p><b>First strategy:</b></p>	
<p><b>Second strategy:</b></p>	
<p><b>Third strategy:</b></p>	