

Reaching Children with Trauma: Don't Forget This Step!

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=CASJUDVRNFO](https://www.youtube.com/watch?v=CASJUDVRNFO)
<https://www.youtube.com/watch?v=CaSjudVrNFo>

SUMMARY

Building a relationship with a relationship-resistant child involves understanding personal triggers, fostering calm interactions, and finding common ground. By focusing on shared interests, caregivers can create connections that help break down barriers.

- *Recognize personal triggers that may affect interactions with the child.*
- *Practice "uploading and downloading calm" to maintain a peaceful environment.*
- *Shift from a judgmental perspective to one of observation and noticing.*
- *Identify shared interests or experiences to establish a connection.*
- *Use relatable anecdotes to create rapport and lower defenses.*
- *Finding commonalities can serve as a breakthrough in building trust.*

Next thing we're still talking about, how do I build a relationship with a relationship resistant child? One, know your triggers. Two, learn to upload and download calm. Three, shift from judging to noticing. Critical, critical, critical. In my book, I hit noticing in every chapter. Number four, and here it is. Find something in common with that kid. So, you've got to find something in common. And again, let's do this. If the kid plays basketball, all of a sudden you like basketball. Let's say you're a little awkward person at a party. Shy.

And most people won't believe it, but I am basically shy. So at a party, you know, I'm kind of like, you know, working the room slightly as best I can until someone says, "Oh, I went to Florida State University." And then you're like, "You went to Florida State? I went to Florida State University." And you can see how in that moment my walls drop slightly. Now, this isn't the end all, but for the child, find something in common. They have a sister, you have a sister. Find something in common and share that. That's your crack in that cosmic egg