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Back To Basics School Nursing 101  
Understanding What Has Happened  
Not What Is Wrong?  
Caring For Children Through A Trauma-Informed Lens

## Focus On The Fundamentals

### 1. The Four Rs of Trauma-Informed Care

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

2. Trauma-Informed care shifts the focus from " What's wrong with you? " to " What happened to you?"

3. The Power of your nursing practice is in the power of \_\_\_\_\_?

4. Quality assessment data is an outcome of establishing trusting relationships and therapeutic communication.

5. We must sound the alarm within our communities that the first two months of life are critical to brain development.

6. We must appreciate the science of adversity and integrate its understanding in our nursing practice as we are often treating injuries of the past.

7. Consider instituting family assessments for multigenerational trauma.

8. What can you do to support students living with chronic stress and chaotic home environments?



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**9. Help children regulate/ reactivate the higher levels of their brain.**

**10..The premise of a trauma-informed approach in education is to create nurturing relationships that are paramount to healing.**

**11. What can you do to make your school healthier and less traumatizing for students?**

A \_\_\_\_\_ D \_\_\_\_\_ P \_\_\_\_\_ I \_\_\_\_\_ E \_\_\_\_\_

**12. Do not forget that self-care is vital to your nursing practice.**