

# Trauma-Informed Care

At the AAP



## Welcome to the First Edition of the American Academy of Pediatrics (AAP) Trauma-Informed Care (TIC) Newsletter!

### Welcome!

This newsletter, which will be sent bi-monthly, will keep you informed about trauma-informed care activities, highlight resources, and share important updates with pediatricians and other pediatric health care professionals who are interested in learning more about trauma-informed pediatric care.

### TIC at AAP

The AAP recognizes the impact of trauma on child and family health and wellbeing and has been working to advance trauma-informed care efforts for many years. In 2022, the Centers for Disease Control and Prevention (CDC) provided the AAP with funding to support a project titled “Building Capacity for Trauma-Informed Pediatric Care”. The goal of this work is to develop a National Center for Trauma-Informed Care and Relational Health that will work to build the capacity and competency of pediatricians and pediatric healthcare clinicians to provide trauma-informed care through a relational health framework to all children, adolescents, and families. Through this current work, the AAP is engaging in:

- Public messaging and communications;
- Partnerships and collaboration with pediatricians, chapters, organizations, and families;
- Development of educational content and resources;
- And more!

To learn more, contact us at [traumainformedcare@aap.org](mailto:traumainformedcare@aap.org).

### AAP TIC Webpage | [AAP.org/TIC](https://www.aap.org/TIC)

The AAP Trauma-Informed Care (TIC) webpage provides evidence-driven information, resources, and guidance related to implementing TIC in pediatric settings. The website is updated regularly to better support pediatricians at any stage of their journey in TIC. Resources include:

- [Training and education opportunities](#), such as the [“Trauma-Informed Care and Resilience Promotion” PediaLink course](#) (freely available to AAP members – CME/MOC credit available);
- [Professional tools and resources](#), such as video case vignettes;
- Links to relevant AAP policy statements and other related AAP resources such as the early relational health webpage;
- [Resources for families](#), videos, and more!

New resources added regularly!



**New Video!**

# The Power of Relationships in Pediatric Care: Uncovering Trauma & Adversity



Children have often experienced challenges or trauma that might be hidden during a physical exam. In the video linked below, Khadijia Tribié Reid, MD, MPH, FAAP, tells the story of one family’s visit that revealed some personal trauma. She talks about the importance of going beyond the checklists and building trusted relationships with patients and families to better support them through hard times.

- **Link:** <https://youtu.be/vvvaFLNV8cY>

This video was shared widely on AAP social media channels, including [LinkedIn](#), [Facebook](#), and [Instagram](#). Please feel free to share this video using the link and the related paragraph above (or re-share directly from the specific social media platform) within your professional networks, on social media, with colleagues, etc.!

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## Partnerships with AAP Chapters: Funding for TIC Projects

- Eleven grants have been distributed to AAP Chapters in [Arizona](#), [DC](#), [Indiana](#), [Oregon](#), [Pennsylvania](#), [Puerto Rico](#), [Arkansas](#), [California 4](#), [Kansas](#), [Maine](#), and [Wyoming](#). The goal of these grants is to build capacity, promote awareness, and provide education related to trauma-informed care and relational health through messaging, educational resources, and partnerships.
- **Chapter Spotlight:** The Pennsylvania Chapter of AAP (PA AAP) surveyed their members to assess the comfort and confidence levels related to providing trauma-informed care, as well as talking to children and families about traumatic events and adversities they may have experienced. PA AAP used the survey results to guide the topics of their “Let’s Talk” educational series, the first of which was titled “[Pediatric Community Forum - Thinking in a Trauma-Informed Way: Why and How](#)”. This approach helped the chapter to guide the educational opportunities offered based on what their members needed, and the feedback PA AAP received was overwhelmingly positive.

To learn more about TIC Chapter Grants, contact Alyse Plattos [aplattos@aap.org](mailto:aplattos@aap.org).

**Want to learn more or get involved?**  
Visit [AAP.org/TIC](https://AAP.org/TIC).

# Inaugural AAP TIC Champion Program Launched Summer 2023

The AAP is working with a diverse cohort of 13 Trauma-Informed Care (TIC) Champions from a variety of practice settings and communities throughout the US to increase the capacity and competency of pediatricians and other pediatric health care clinicians to provide TIC to children and families in their communities.

The Champions are supporting TIC education and training, as well as providing guidance on implementing TIC to pediatricians and other pediatric healthcare providers, via ECHO and other educational opportunities. Members of the first cohort of TIC champions include: Nisha Abdul Cader (CA), Heather Champney (TN), Kathleen Franchek-Roa (UT), Rachel Gilgoff (CA), Eliza Hayes Bakken (OR), Dena Kay Hubbard (MO), Rosemary Martoma (OH/FL), Kayce Morton (MO), Rita Nathawad (FL), Pratima Shanbhag (OH), Deborah Rodriguez (WA), Amy Shoptaugh (AZ), and Shannon Thompson (IN).

To learn more about the AAP TIC Champion program, contact Zaneta Balaban at [zbalaban@aap.org](mailto:zbalaban@aap.org)

## Resources: New Infographics for Families

The AAP recently updated 2 infographics to help families support their children who may have experienced trauma. The infographics are freely available for download at [AAP.org/TIC](https://AAP.org/TIC). These are perfect for hanging up on clinic walls or sharing with families during visits.

*Spanish versions now available!*



### Crianza de niños que han experimentado un trauma Pare, piense y mantenga el control

Al ser padres, a veces:	Puede ser más útil si:
 Nos ponemos por encima de ellos.	 Nos ponemos a la altura de los ojos del niño.
 Les imponemos castigos o ignoramos al niño.	 Nos mantenemos cerca hasta que el niño se calme para conectar con él.
 Gritamos o levantamos la voz.	 Mantenemos la calma y les hablamos en un tono relajado. <i>Está bien. Solo es agua.</i>
 Tomamos sus acciones de forma personal.	 Reconocemos que, a veces, las emociones del niño no tienen que ver con nosotros.

Vea más recursos en [AAP.org/TIC](https://AAP.org/TIC)

**WE WANT TO HEAR FROM YOU!**

If you have questions, suggestions, or feedback related to TIC at the AAP, contact us at [traumainformedcare@aap.org](mailto:traumainformedcare@aap.org).