

TBRI® Tips for Children Affected by Disaster-Related Trauma



SUPPORTING RESILIENCE THROUGH TRUST-BASED RELATIONAL INTERVENTION®

Six Simple Strategies to Promote Healing and Felt Safety



1. Structure

Keep consistent wake-up and bedtime routines. Use a dry-erase board to outline the child's daily schedule.

Why it matters: Predictability helps children feel safe and secure.



2. Protein-Based Snacks & Hydration

Offer a protein-rich snack and drink every 2 hours.

Why it matters: Grief and stress can suppress appetite; stable blood sugar supports emotional regulation.



3. Two-Word Check-Ins (3x/day)

Ask: "Give me two words to describe how you're feeling right now."

Why it matters: Creates simple, open opportunities for emotional expression.



4. Movement Breaks

Encourage running, jumping, climbing, or dancing for 10-15 mins every 3-4 hrs.

Why it matters: Movement releases calming brain chemicals like dopamine and serotonin.



5. Sunlight

Aim for 10 minutes of natural light 3-4 times a day.

Why it matters: Sunlight boosts serotonin and a sense of well-being.



3. Box Breathing

Inhale for 4 counts → Hold for 4 → Exhale for 4 → Hold for 4. Repeat.

Why it matters: Regulates the nervous system and eases anxiety.

Free TBRI® Training Available: We are offering complimentary trauma response and recovery training for community organizations in the Hill Country region. If interested, please contact Child Advocates of Montgomery County at Info@ChildAdvocatesTexas.org or (936) 441-5437.