

Trauma Informed Visitation Timeline

Infant and Toddler

WELCOME

0-5 🕒

Talk to caregiver, ask how are they doing. Building rapport with the caregiver helps establish a positive relationship and trust. Ask how the child is doing and when their last snack/drink was. Figuring out their mood can help with your approach before seeing them.



ENGAGE AND CONNECT

5-15 🕒

Ask about what they did today and activities they would like to do.

Engaging in conversation while doing a bonding activity may make it easier for your child to open up and connect with you.

Maintain eye-contact and encourage safe touch. Ask permission for a hug or to play patty cake.



BONDING ACTIVITIES

15-45 🕒

Read their favorite books, painting, coloring
Tummy time with infant
Pretend play with their toys
Establish a ritual you will do with your child every visit. This could be a specific game you play.



THINGS TO REMEMBER

Approach your child as an individual
Negative behavior is a sign of an unmet need
They are in fight or flight mode
They may not know how to self-regulate



REGULATION ACTIVITIES

Blowing bubbles
Popping bubble wrap
Magic mustache
Engine plate activity
Eat a snack / have a drink



PREPARING TO SAY GOODBYE

45-60 🕒

Start cleaning up and tell them it is almost time for you to go.

Remind your child that you will see them again soon.

Providing a few TBRI resources for the caregiver can help them understand children with trauma and strategies they can use.

