

## Creating a Stable, Nurturing, and Safe Home Environment

**Please fill in the box next to the best answer. (Fill in only one box per question)**

1. In creating a stable, nurturing and safe environment for a child who has experienced trauma, it is helpful to: (Choose one)
  - Insist that the child follow family rules and expectations at all times.
  - Have routines and rituals which can offer predictability and a sense of belonging.
  - Understand that too much structure and consistency can be suffocating for children who have experienced trauma and loss.
  - Know that telling a child they are safe and loved will go a long way in helping them feel secure.
2. When creating a stable, nurturing and safe environment, the primary thing to keep in mind is to: (Choose one)
  - Wait for the child to settle in before tailoring things to them.
  - Treat the child the same as other family members and don't single them out for special treatment.
  - Focus on compliance with family rules.
  - Build and protect your relationship with the child.
3. On the first day a child comes into a new home, which of the following helps create emotional safety? (Choose one)
  - Giving a child their own set of chores like other children in the home have to help them feel like a part of the family.
  - Explaining that people eat whenever they want to, and that there is no set time for meals.
  - Asking the child about their likes and dislikes and informing them of plans ahead of time.
  - Promising that you will always be available whenever they need you, even if you know that won't always be true.

4. When managing escalating behaviors, it is best to: (Choose one)
- Tell the child their behavior is not acceptable in your home.
  - Give them a time out and tell them you don't want to be around them when they behave that way.
  - Prioritize the safety of people, pets and property.
  - List the consequences of their actions so they are clear about the punishment if they continue with their behaviors.
5. To help the child calm down and feel safe after an incident, it is important to: (Choose one)
- Talk to the child in a "low and slow" voice.
  - Be firm and inform the child of consequences.
  - Give in to the child's demands.
  - Share how upset you are with them, so they know how you feel.