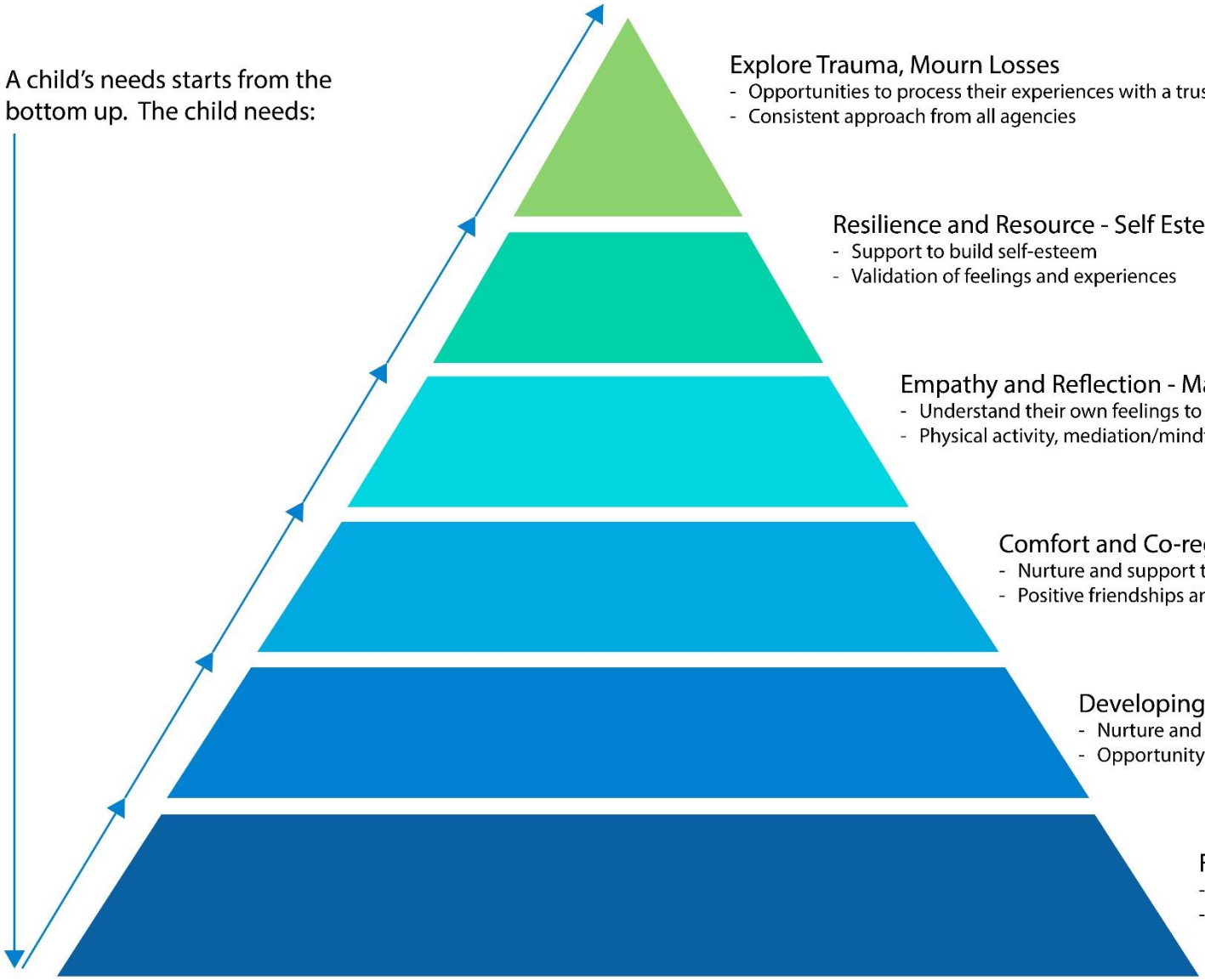
Pyramid of Need

The needs of the traumatised child (Kim Golding)

A child's needs starts from the bottom up. The child needs:



Explore Trauma, Mourn Losses
- Opportunities to process their experiences with a trusted person or people
- Consistent approach from all agencies

Resilience and Resource - Self Esteem and Identity
- Support to build self-esteem
- Validation of feelings and experiences

Empathy and Reflection - Managing behaviour in relation to others
- Understand their own feelings to support empathy
- Physical activity, mediation/mindfulness and sleep healing during REM sleep

Comfort and Co-regulation - Eliciting care from relationships
- Nurture and support to regulate themselves
- Positive friendships and social ties activities

Developing Relationships
- Nurture and trauma informed parenting/care-connection before correction
- Opportunity to build healthy relationships

Feeling Safe - Physically and Emotionally
- To feel SAFE - a safe, stable environment
- Structure, predictability and routine e.g. regular meals and bedtimes