Focused Topic:
Trauma-Informed Care in Child Care Settings

Direct Care Practice Inventory

STAFF NAME

DATE(S)

CERTIFIER

Use the following list of practices to assess your own ability to understand and mitigate the effects of trauma on children and youth by engaging in trauma-informed care. Each statement below refers to behaviors or attributes you should demonstrate when interacting with children, families, or colleagues. For each of the statements, reflect on your own practices and select your current level of mastery. This tool may also be used by your trainer, coach, or administrator to observe your practices in this content area and support professional development goals.

(E) **Emerging**
You believe you need more information to understand or incorporate a particular practice

(D) **Developing**
You believe you have an understanding of the practice, and are working to properly apply it to your work

(M) **Mastered**
You believe you have mastered and consistently implement a particular practice

COMPETENCY		RATE: E/D/M	NOTES
A	Understands the impact that trauma can have on children's development & behavior	E D M	
B	Uses healthy approaches to regulate own emotions and demonstrates those behaviors with children	E D M	
C	Observes the children in care and is attuned to children's body language and nonverbal behaviors	E D M	
D	Attends to children's needs and engages in positive, nurturing interactions	E D M	
E	Recognizes the signs and symptoms of trauma in children, families, and colleagues	E D M	
F	Provides predictable routines with visual schedules and communicates schedule changes in advance with children and families	E D M	
G	Uses strength-based approach when speaking with and about children and families	E D M	
H	Interacts with children in a positive, calm and supportive manner	E D M	
I	Posts clear, positive rules and expectations for the classroom	E D M	
J	Provides a safe, calm area for individual children to help calm or regulate emotions	E D M	
K	Utilizes scheduled breaks that are built into the day for quiet reflection and/or self-care	E D M	
L	Recognizes signs of secondary traumatic stress, burnout and compassion fatigue in self and others. Seeks help when needed	E D M	
M	Uses a self-care plan for both home and work	E D M	
N	Takes opportunities to learn more about ways to support children and families who have experienced trauma	E D M	
O	Provides a safe, comfortable learning environment for all	E D M	

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Concluding Reflections

My overall strengths in this area:

Practices that I would like to improve include:

Plans for achieving these goals include: