YOUR EVERYDAY GESTURES CAN HELP A CHILD HEAL.

Research continues to show that witnessing or experiencing traumatic events in childhood can impact the physical development of a child’s brain. You can help reverse the effects. In fact, as a caring adult, you could be the most important factor in helping children heal. Here’s what you can do:

**CELEBRATE**
Use “put-ups,” not “put-downs.”

**COMFORT**
Stay calm and patient.

**LISTEN**
Show an interest in their passions.

**COLLABORATE**
Ask for their opinions.

**INSPIRE**
Exposé them to new ideas.

Find more information and helpful tips at ChangingMindsNOW.org