



Trauma Informed Parenting

2024 Outcomes Report

1-27-2025

Introduction

Trauma Informed Parenting (TIP) is a SCIO-registered charity based in Scotland, established in 2020. The charity's mission is to raise awareness of the trauma-informed parenting approach and help break dysfunctional generational patterns. Their work focuses on supporting adults who live and work with children experiencing challenging behaviours due to trauma or neurodiversity.

TIP is committed to ensuring that their resources and training are accessible to everyone by offering fully funded online and in-person workshops. These workshops are uniquely delivered by individuals with lived experience, making the information relatable and practical for participants.

The ethos of Trauma Informed Parenting is rooted in accessibility, compassion, and understanding. They aim to provide this vital information without blame or shame, creating a safe space for learning and growth.

This 2024 report presents findings collected through feedback and evidence from workshop participants¹, highlighting the transformative impact of a trauma-informed approach after attending the charity Trauma Informed Parenting's workshops and engaging in their ongoing support. The quotes displayed are comments from participants who had offered their feedback.

¹ See Appendix A

Key Findings

1. Emotional Support and Validation

TIP provides a safe, inclusive space for participants to share their experiences and find solidarity with others. This outcome charts service users' reports of feeling more seen, more validated, and less alone in their experience. Overall:

42.5% of participants felt seen

67.5% felt validated

61% felt less alone

***"It felt as though it was the first time I have ever
heard real information that is relevant to our lives
with our kids."***

***"It felt like I had been finally heard and
understood, the heavy weight began to lift off my
shoulders."***

2. Increased Self-Awareness and Understanding

TIP workshops enable caregivers to better understand their own emotional responses and behaviours. This outcome charts service users' ability to navigate their own emotions following learning about the trauma informed model from TIP. Overall, participants felt:

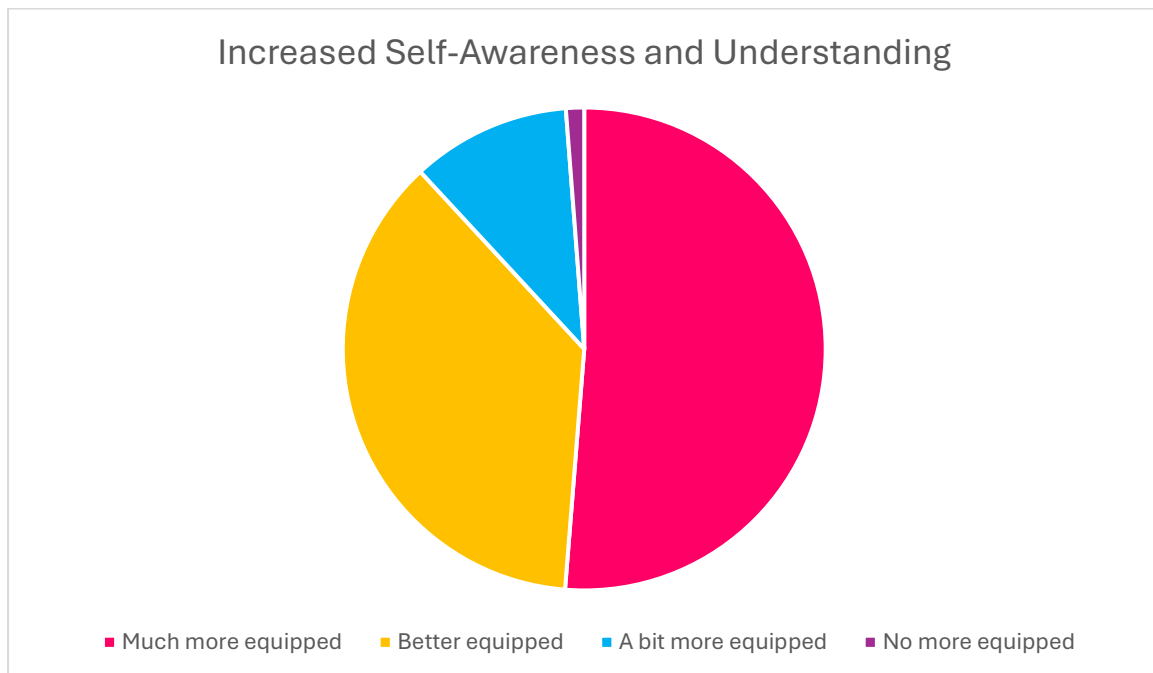
Much more equipped: 50.5%

Better equipped: 36.3%

A bit more equipped: 10.5%

No more equipped: 2.7%

Total improved: 97.3%



***“Noticing behaviours and understanding that it's
the emotion under the behaviour is relevant.”***

***“It brought me so much awareness of how much
of my own trauma and fear I actually am carrying
with me without fully understanding my reactions.”***

3. Improved Acceptance & Relief

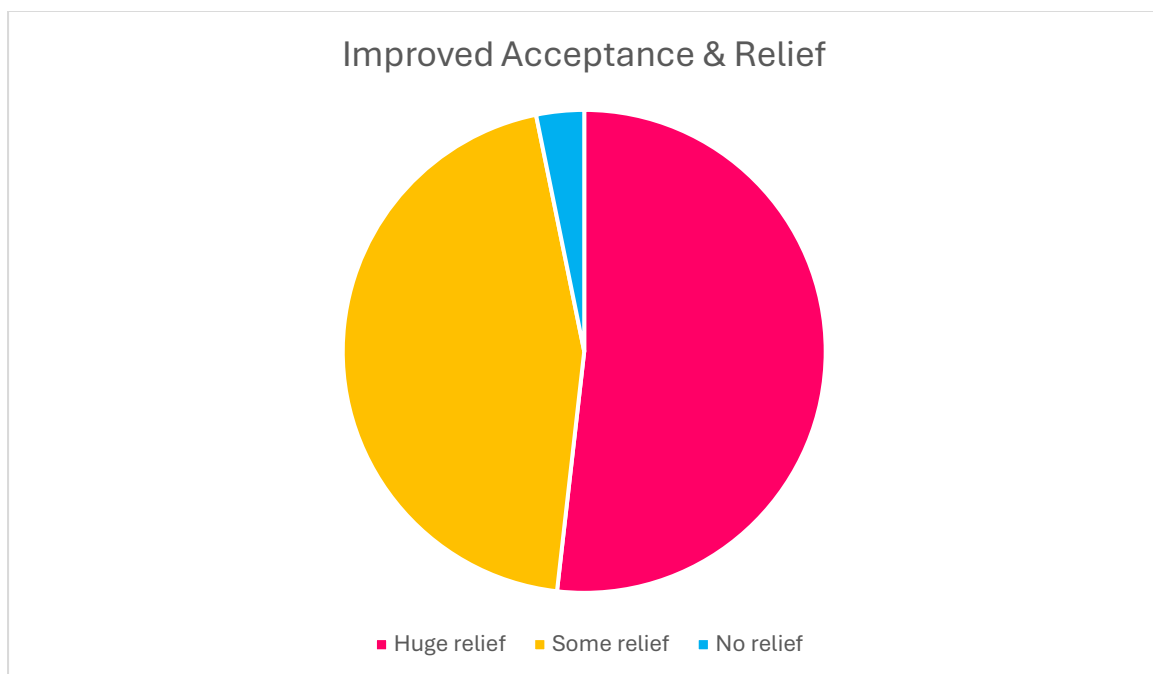
TIP's focus on strengths-based parenting builds confidence and enhances family relationship. This outcome charts parents and caregivers' levels of relief in realising that these dysfunctional patterns of behaviour have been passed down for generations and they are not to blame, and neither is their child. Overall, participants felt:

Huge relief: 51.8%

Some relief: 45%

No relief: 3.2%

Total improved: 96.8%



"I find myself being more mindful and compassionate towards myself as a parent. Not feeling guilty for small incidents."

"I went in feeling like a total failure. When I came out though I felt validated, uplifted and strong enough to take the information given and apply it immediately."

4. Interest in Applying Trauma-Informed Lenses

This outcome tracks the extent to which parents and caregivers are inclined to implement trauma-informed tools since engaging with TIP. Overall, participants felt:

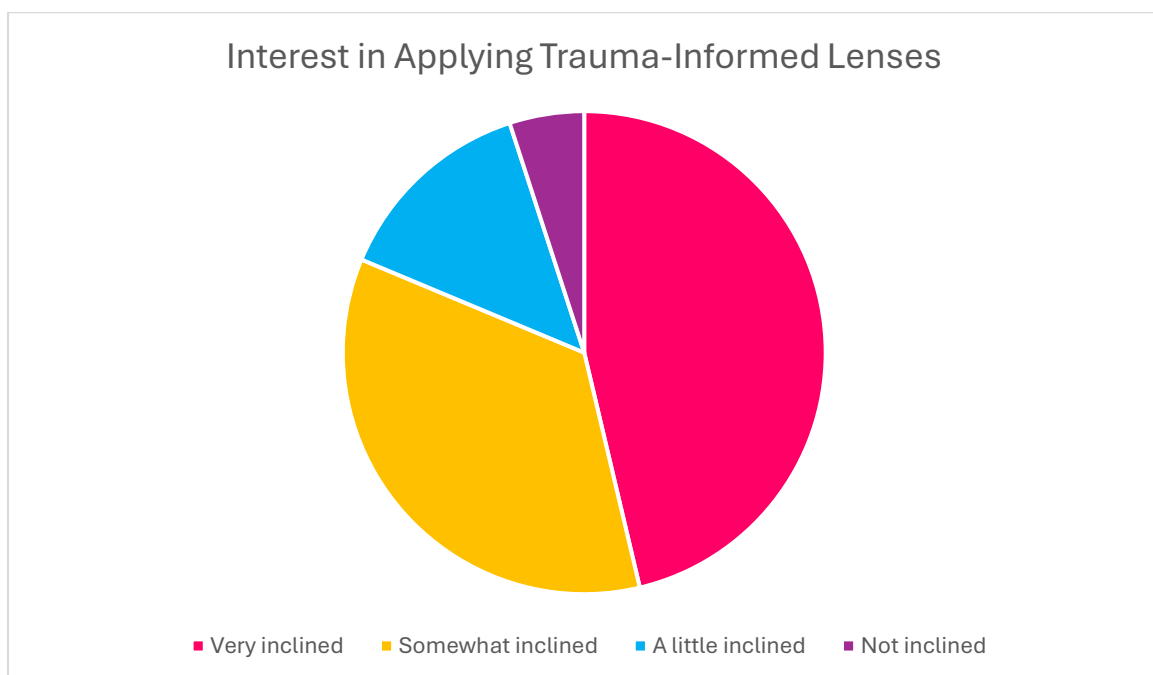
Very inclined: 46.3%

Somewhat inclined: 35%

A little inclined: 13.7%

Not inclined: 5%

Total improved: 95%



***“I learned such useful info that can be directly used
instantly after learning about it.”***

***“It’s a big challenge but [TIP] make it seem like
small achievable steps and thank you for holding
out self-forgiveness as so important.”***

5. Ability to Regulate

This outcome charts parents and caregivers' ability to regulate their emotions and responses with their child since engaging with TIP and learning about the trauma lens. Overall, participants feel that they can regulate:

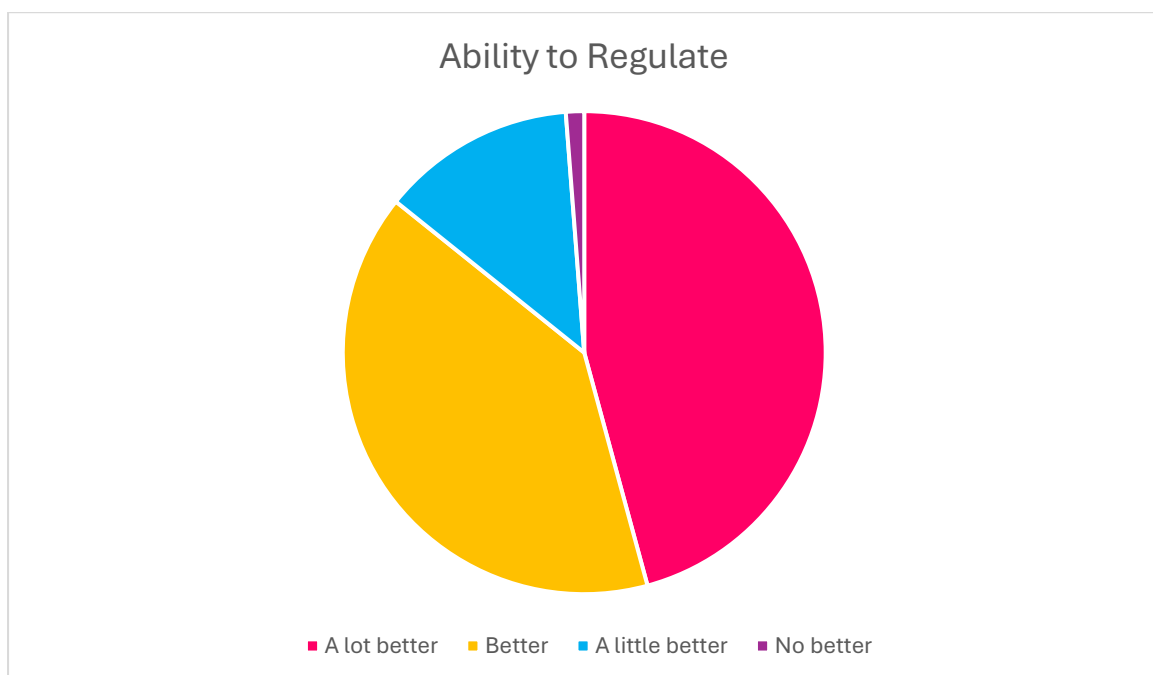
A lot better: 45%

Better: 39.3%

A little better: 12.8%

No better: 2.9%

Total improved: 97.1%



"I'm learning how to support a child regulate by regulating myself first, giving child space and ways to feel these emotions rather than shut them off, validating the child's feelings/reactions."

"I am using the breathing more and encouraging my child to do the same. I am remembering to 'bring my calm' to help with co-regulation."

6. Parental Confidence

This outcome charts parents and caregivers' feelings of confidence in their parenting skills following learning this new perspective. Overall, participants felt:

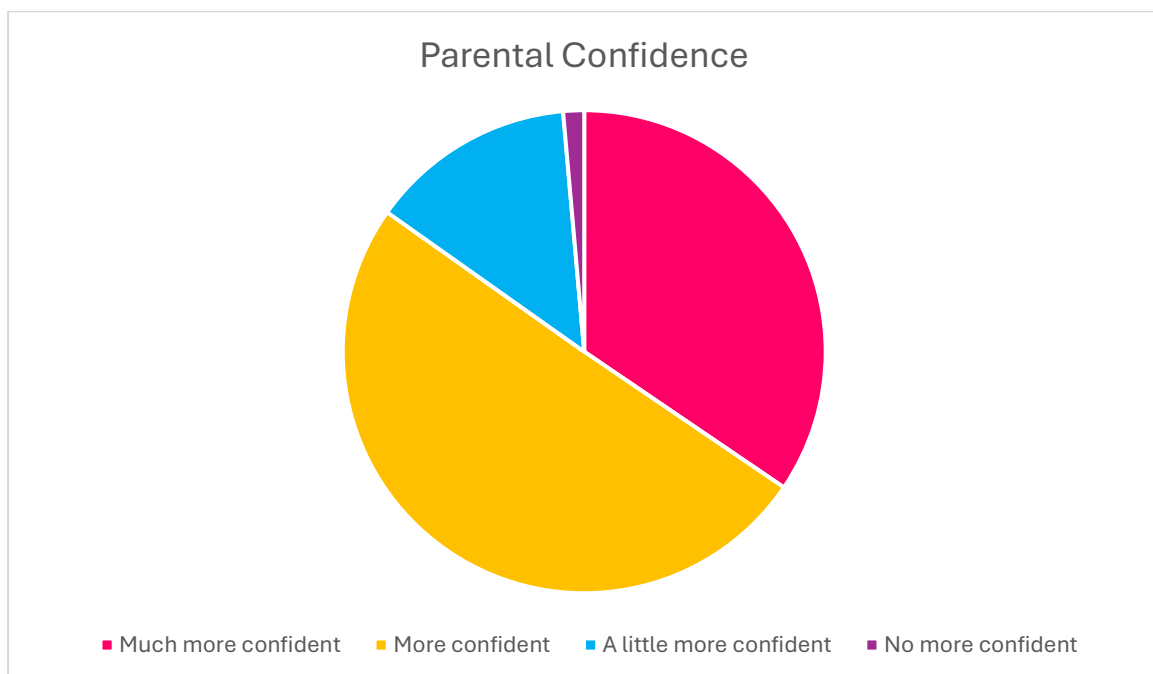
Much more confident: 34.5%

More confident: 50.3%

A little more confident: 13.8%

No more confident: 1.4%

Total improved: 98.6%



"I understood that I needed to allow them to express their big emotions however that presented, and that my job was to hold a safe calm space for them to release, process, and work through them."

"[TIP] has given us the tools to manage."

7. Improved Parent-Child Relationships

This outcome charts parents and caregivers' experiences of improved relationships and connections with their child following adopting trauma-informed parenting approaches. Overall, participants felt that relationships had:

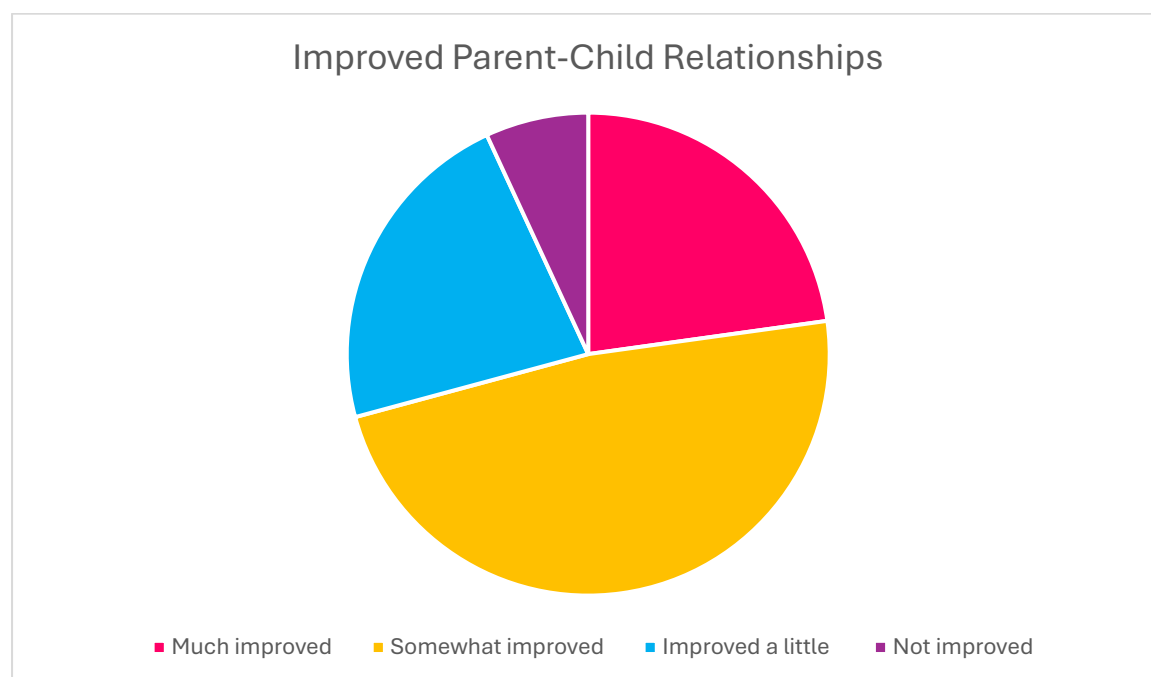
Much improved: 22.8%

Somewhat improved: 48%

Improved a little: 22.3%

Not improved: 6.9%

Total improved: 93.1%



"I can't even begin to explain the difference in the relationship - we talk more, they come to me with issues, I let them know what is triggering me and they understand and the communication has improved enormously."

Longer Term Outcomes²

8. Improved Mental Health

This outcome tracks improvements in household mental wellbeing after implementing the trauma-informed approach. Overall, participants report that their household's mental health has:

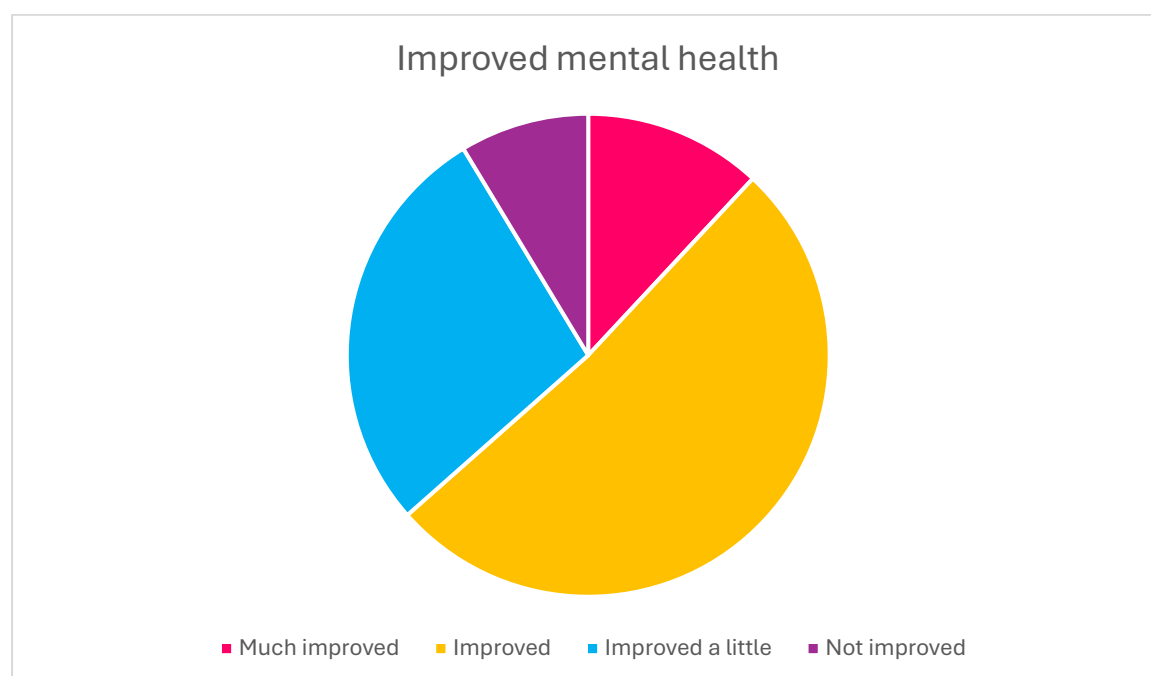
Much improved: 12%

Improved: 51.3%

Improved a little: 28%

Not improved: 8.7%

Total Improved: 91.3%



***"Today my home is a peaceful and happy place.
The days of toxic stress, violent meltdowns, broken
furniture and deep emotional distress are behind us."***

² *The following three outcomes relate to longer-term behaviour and attitudinal shifts and will expectedly take longer to become fully realised.

9. Improvements in Young Person's Behaviour

This outcome asked parents and caregivers to respond to the question: "Have you seen improvements in your young person's behaviours?" Overall, participants answered:

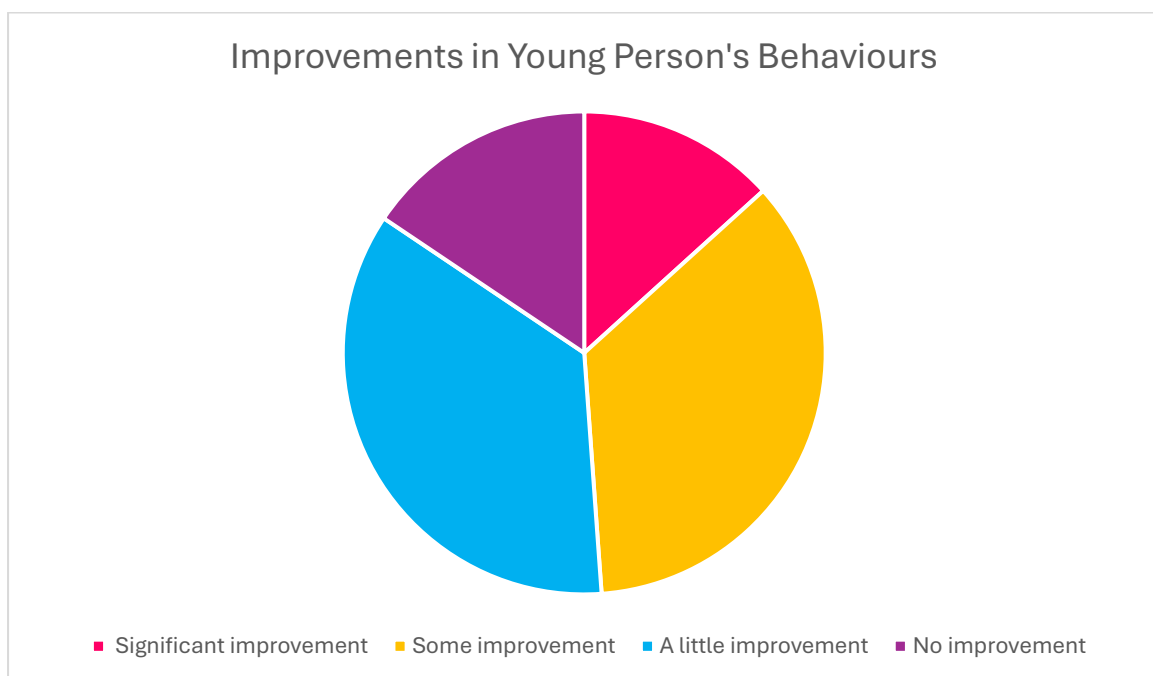
Significant Improvement: 13.3%

Some improvement: 35.6%

A little improvement: 35.5%

No improvement: 15.6%

Total improved: 86%



"She's learning better at school and managing her work and friendship issues with such ease in comparison to such a short time ago."

"He has been quicker to recognise that he has over reacted, then calmed down and apologised (without being asked to)."

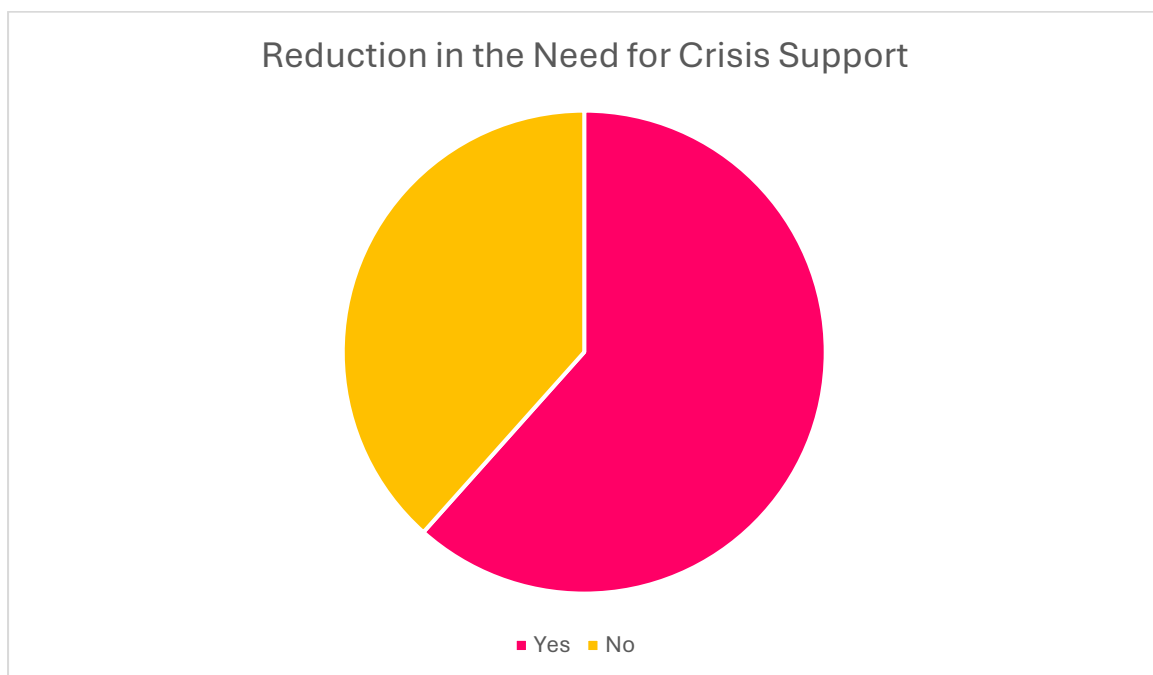
10. Reduction in the Need for Crisis Support

This outcome addresses the question of whether families require less crisis support following receiving support from TIP to parent from a trauma-informed perspective. Overall, participants responded:

Yes: 61.6%

No: 38.4%

Total improved: 61.6%



“I’ve received life-changing support.”

“I no longer need crisis support as a parent.”

Findings summary

The 2024 annual outcomes report from Trauma Informed Parenting (TIP) showcases the profound impact of its workshops and support programmes. Key findings include significant improvements in parental self-awareness (97.3%), emotional regulation (97.1%), and confidence (98.6%), as well as strengthened parent-child relationships (93.1%) and reduced reliance on crisis support (61.6%). Participants overwhelmingly reported feeling validated, equipped with practical tools, and better able to create nurturing, trauma-informed environments for their children. These outcomes underline the transformative power of TIP's approach, breaking cycles of trauma and fostering healthier family dynamics, which are critical for long-term societal well-being.

This report provides compelling evidence that a trauma-informed approach can have transformative effects on families. TIP's workshops and ongoing support help caregivers understand the effects of stress, fear, and trauma on the brain and build skills around self-awareness and self-regulation so that they can create a healing environment which builds stronger relationships with their children.

Professional Outcomes

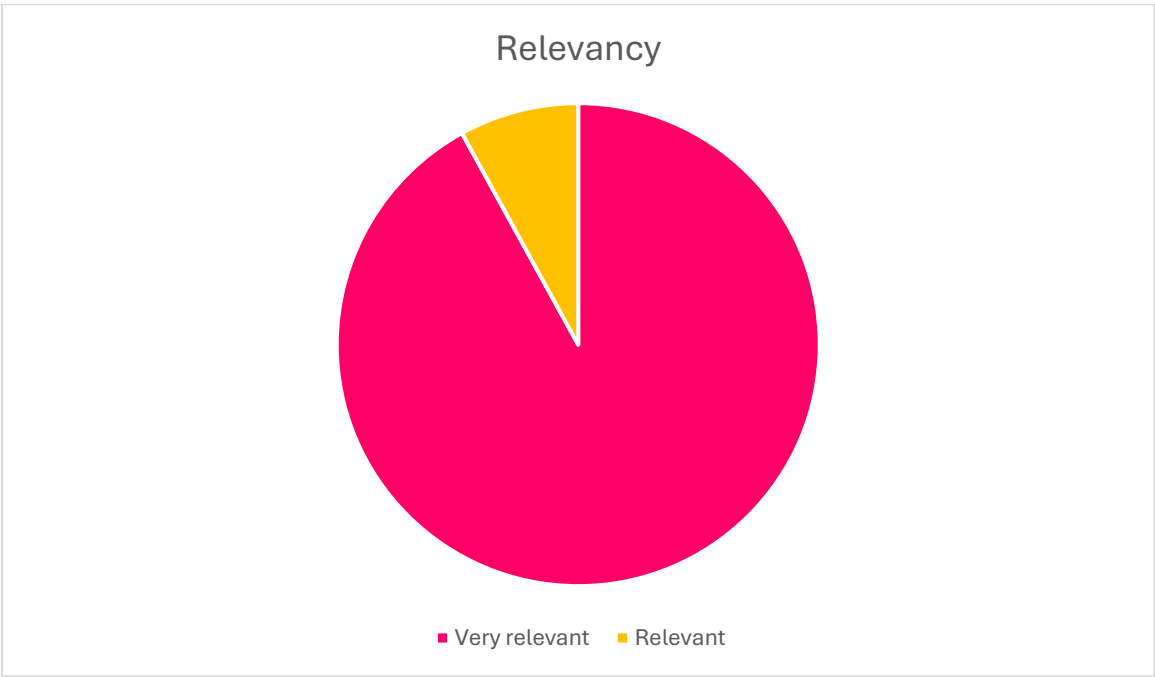
This section charts feedback from professionals collected independently of parental data. It explores their reflections on attending Trauma Informed Parenting’s workshops and applying trauma informed approaches within their practices. Participants include social workers, teachers, and those working directly with families. 40 professionals completed this survey.

1. Relevancy

Professionals were asked how relevant the workshop was to their role. Overall, participants responded:

Very relevant: 92%

Relevant: 8%:



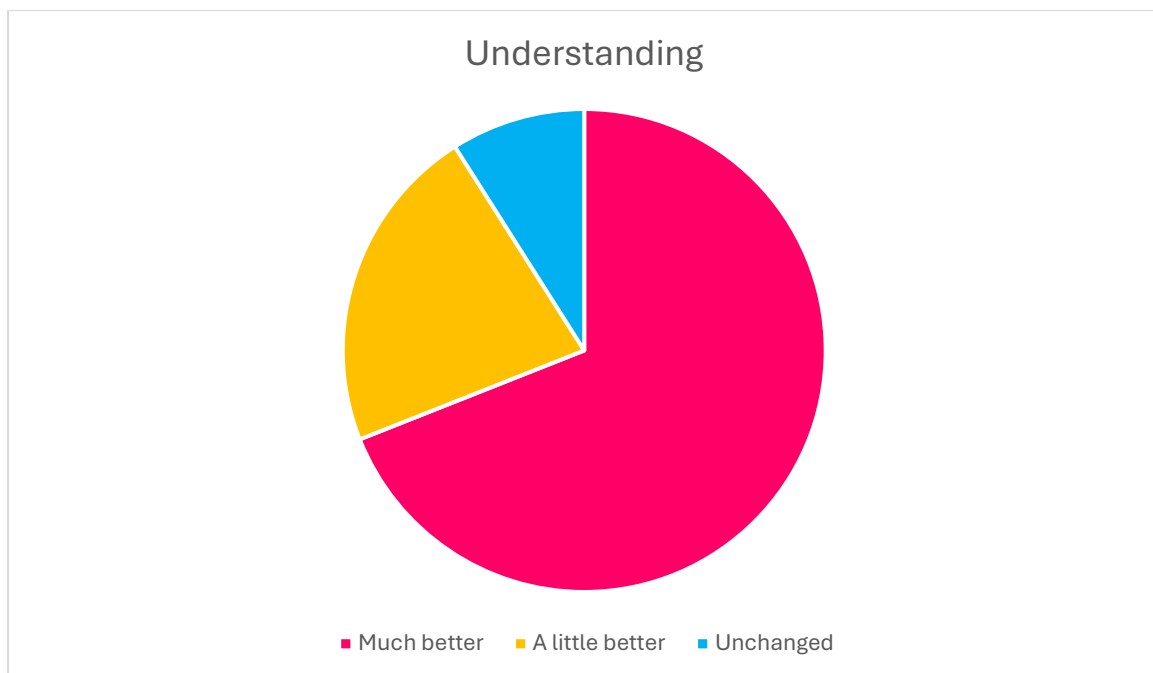
2. Understanding

Professionals were asked whether they feel they have a better understanding of the young people they support. Overall, participants answered:

Much better: 69%

A little better: 22%

Unchanged: 9%



"I think it will help us as volunteers to understand other families' situations and how we can support them to parent in a more positive way."

"It helped me have a better understanding of what I can do to help young people and families I work with."

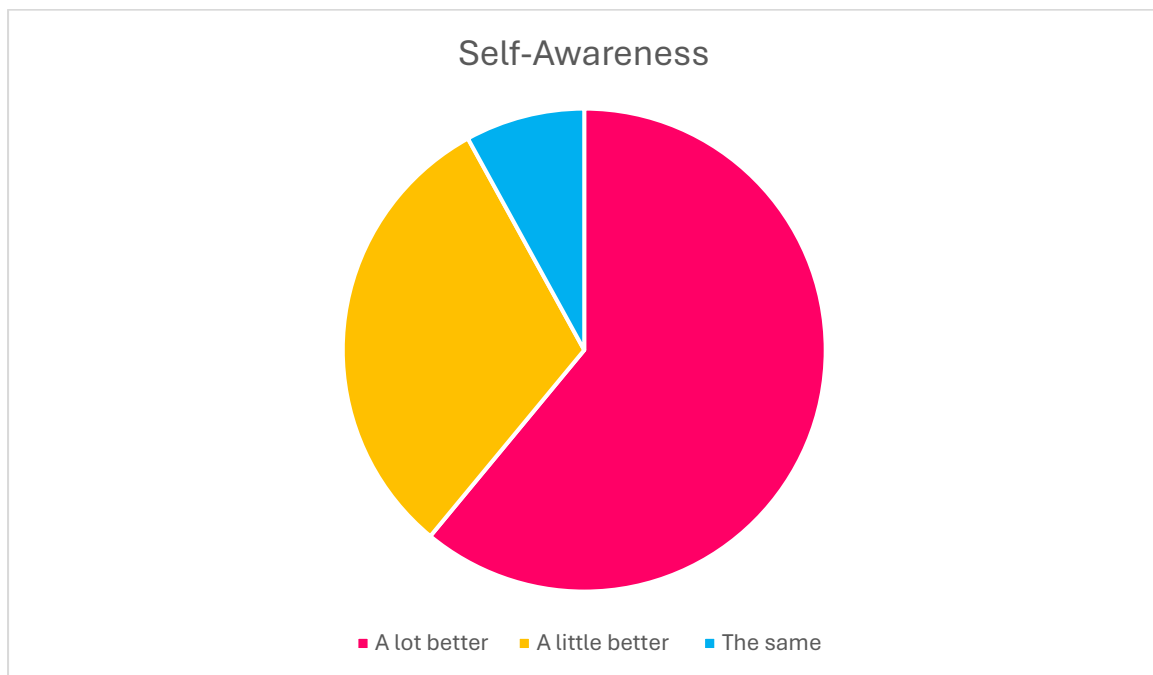
3. Self-Awareness

Professionals were asked: "Do you feel you have a better understanding of yourself and your own triggers for stress?". Overall, participants responded:

A lot better: 61%

A little better: 31%

The same: 8%



"This was confirmation that I am the strategy and if I just focus on regulating me, the co-regulation will happen automatically with the pupils the more I practice it - even if they're not ready/ able/ willing to join in yet."

"This was a really useful reminder of the importance of being self-regulated to allow us to respond with empathy."

4. Improved Professional Practice

Professionals were asked: "Do you feel this has helped you improve your practice and support young people more effectively." Overall, participants answered:

A lot: 66%

A little: 31%

Not really: 3%



"I look forward to being the best support I can be for all pupils in my care!"

"I've noticed that in work the teachers have started using my approach."

"I'm looking forward to incorporating this insight into my work with clients and parents."

Recommendations for Continued Success

This discussion seeks to explore strategies for expanding and enhancing accessibility to the trauma-informed approach to parenting championed by Trauma Informed Parenting (TIP). To ensure broader reach, prioritising outreach to underserved communities—particularly those in rural or socioeconomically disadvantaged areas—would extend TIP's transformative benefits to families who might otherwise lack access. Expanding digital resources and offering hybrid learning models will further democratise access, enabling caregivers to participate flexibly and overcome logistical barriers. Longitudinal studies could provide valuable insights into the enduring impact of trauma-informed parenting, reinforcing its credibility and guiding future refinements. Tailoring programmes to meet the specific needs of diverse groups, such as families navigating neurodivergence or complex trauma, can enhance inclusivity and relevance. Additionally, expanding this approach into sectors such as the NHS, police forces, schools, and workplaces can foster sustainable system-wide change. By embedding trauma-informed principles within these key institutions, TIP can drive meaningful shifts that promote resilience and healing across society. Establishing peer support networks among participants could foster sustained learning and shared growth, strengthening community bonds. Finally, adoption of trauma-informed practices in schools, healthcare, and social services would catalyse wider societal change. Together, these strategies hold the potential to significantly amplify TIP's impact, making the trauma-informed approach more accessible and transformative for families across diverse contexts.

Many service users express a strong desire to deepen their engagement by becoming certified in trauma-informed practice. Through TIP's CPD certification, participants can gain the tools and confidence to create their own organisations, share their experiences, and support others. Some go on to train as family therapists, teach children emotional support through initiatives like Mind Marvels, or build networks to support parents navigating similar challenges. By empowering service users to become advocates and practitioners, TIP not only transforms individual families but also builds a ripple effect of healing and resilience across communities. Professionals who participate in the workshops often adapt their practice by integrating the approach and mindset into their work. This influence can extend throughout their organisations, contributing to systemic changes in sectors such as education, social work, and parental support.

Appendix A

The findings and evidence presented in this report were collected through feedback surveys conducted with 160 participants who had applied the trauma-informed approach and observed its effects for a minimum of four weeks. These surveys were conducted throughout 2024.

Additional long-term data was gathered from case studies of individuals who have been implementing the approach over an extended period. Direct feedback was also collected from workshop attendees and organisers to provide further insights.