

WRITING YOUR PRAISE LETTER

Your child has worked very hard to overcome fear and anxiety to be able to tell their trauma story. Many children are nervous to share their story with caregivers. Your support is MOST important for your child! Coming together with your child to talk openly about their trauma is an opportunity for you to provide support by listening, tell them how proud you are of them, correct any concerns or worries they have, and plan for the future.

Today you will write a “Praise Letter” to your child that you will share in the next session. Below are questions to consider in writing your Praise Letter. Not all questions apply to every child.

Remember the goal is for your child to feel heard and accepted by you.

Questions to Consider:

How do I feel about my child being able to tell their trauma story?
How proud are you of your child?

What healthy messages do I want to give my child about the trauma?
How do you feel about what happened to your child?
Who is responsible for the trauma?
What actions did my child take that I am proud of?
What will life from here on out be like for my child and our family?

What positive changes have I seen in child since starting group?
Does my child manage stress in better ways?
Is my child more open in talking with me?
Does my child seem happier?

Who can my child come to or talk with when upset?
Will I be available for my child when they need to talk about what happened or about future upsetting experiences?
Who else can my child talk to?
How will I help child when they're upset?

What do I hope for my child and for our family?
Do I believe my child is healing?
Will my child be happy, have fun, learn, grow, enjoy life?
Will we get through any future difficulties or stressors?
Is my child (our family) stronger?