**Pyramid of Need – The needs of the traumatised child**

* To feel SAFE! Safe, stable environment with a committed carer
* Nurture and trauma informed parenting/care that supports connection
* Opportunity to build healthy, secure relationships
* Support to regulate themselves and their emotions
* Understand their own feelings to support empathy building
* Validation of feelings and experiences
* Structure, predictability and routine e.g. regular meals and bedtimes
* Physical activity, meditation/mindfulness and sleep (healing during REM sleep)
* Support to build self-esteem
* Positive friendships and social ties/ activities
* Opportunities to process their experiences with a trusted person(s) in their network or professionally
* Consistent approach from all agencies

Source: Kim Golding