



What is TIPPS?

TIPPS is a trauma informed framework that helps children become more resilient to the effects of trauma and reach their full potential. TIPPS provides strategies for schools allowing them to create a safe and supportive environment for children to learn and thrive. Caregivers can also apply the same strategies at home to help children cope with challenges and adversity.

10 Core Pillars of TIPPS



1

Ensure Safe Communities

Create a safe and nurturing home environment where children feel secure and supported.



2

Increase Awareness of Trauma

Learn the signs and symptoms of trauma so you can better support your child's resilience.



3

Increase Awareness of Biases

Recognize and address biases and stereotypes that may negatively affect your relationship with your child.



4

Build Community

Create a home environment of safety, trust, compassion, and respect.



5

Develop Positive Relationships

Model kindness, respect and healthy communication and help your child understand how their actions impact others.



6

Reduce Punitive Discipline

Help your child learn from mistakes by using natural consequences, reflection, and restorative conversations.



7

Communicate and Reinforce Expectations

Establish family rules and routines that are clear, reasonable and consistently reinforced.



8

Avoid Deficit Thinking

Focus on your child's strengths and growth by recognizing what they do well and supporting them through challenges.



9

Incorporate Social Emotional Skills

Teach your child how to identify emotions, manage stress, solve problems and build resilience.



10

Create Supports

Seek support from schools, counselors, healthcare providers, and community organizers when your child needs additional help.

