

# Building Safety and Connection in the Context of Relational Trauma

Relational trauma can disrupt a child's experience of security and trust in relationships, with potential emotional consequences.

How adults respond in everyday interactions plays an important role in supporting connection, understanding, and the possibility of change



***PACE captures a way of being that helps adults connect with children, remain open and engaged, particularly in moments of stress or challenge***

# P

Playfulness

*Bringing warmth and enjoyment into the relationship, reflecting interest in the child*

# A

Acceptance

*Recognising and accepting the child's internal experience without necessarily approving their behaviour*

# C

Curiosity

*Taking time to wonder about what might be happening for the child instead of reacting or judging too quickly*

# E

Empathy

*Showing understanding of the child's experience so they feel understood, not just managed*



Want to see how these principles translate into practice? [Join our upcoming event with Dr. Kim Golding.](#)