

Newsletter 1 – January 2025

Supporting Children with Hidden Wounds

Many children and teenagers live with **Post-Traumatic Stress Symptoms (PTSS)** after violence, loss, accidents, war, bullying or other overwhelming events. If the adults around them can recognise these signals early and respond with care, we can change the course of their lives.

Our project “TIP for Kids” helps teachers, youth workers, parents and other professionals to:

- better **recognise PTSS** in everyday behaviour and learning,
- use **trauma-informed approaches** in classrooms, youth work and families,
- access **very practical tools**: guidelines, case stories, podcasts, a mobile app and chatbot for quick advice,
- create **safe spaces and routines** that reduce triggers and increase emotional stability.

Who is it for?

- **Teachers & educators** – to spot changes in behaviour and learning.
- **Youth workers & trainers** – in clubs, sports, non-formal education.
- **Parents & caregivers** – to build a supportive home environment.
- **Child & youth advocates, social workers, counsellors** – to strengthen their trauma lens.
- **School leaders & policy makers** – to embed trauma-informed practice in institutions.
- **Healthcare professionals** – as an extra resource for working with children and families.

This project builds on two Erasmus+ initiatives that both received the **EPOS Good Practice Label** from the Belgian National Agency. Our materials will soon be available online – stay tuned and visit our project websites for more information and updates.

<https://tip4kids.eu>

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EPOS vzw. Neither the European Union nor EPOS vzw can be held responsible for them.
Project number: 2024-1-BE02-KA220-VET-000244258



**Co-funded by
the European Union**



