



Why Ready4K Trauma-Informed?

Nearly half of the children in the United States have experienced **at least one adverse childhood experience (ACE)**. When unaddressed, these potentially traumatic experiences can result in both immediate and lifelong negative impacts. ACEs can include such things as witnessing or being a victim of violence, incarceration of a loved one, homelessness, divorce, or a parent's addiction.

Luckily, the **negative effects of trauma can be mitigated**. Research indicates that having supportive and responsive relationships with caring adults as early in life as possible can prevent or reverse the damaging effects of trauma.

Ready4K Trauma-Informed is designed to give parents, caregivers, and programs the tools and insights they need to buffer the effects of trauma and navigate challenge and adversity, as a component of a comprehensive trauma-informed strategy or a stand-alone approach.

What makes this a Trauma-Informed curriculum?

Developed over the course of multiple years, Ready4K Trauma-Informed leverages insights from our close work with community partners on the front lines of supporting families experiencing trauma. The program also integrates the guidance of mental health experts, community health workers, parents, and providers.

Specifically designed to help families buffer the effects of trauma, Ready4K Trauma-Informed builds on the evidence-based Ready4K model. Parents and caregivers receive fun facts and easy tips on how to promote their children's development by building on existing family routines.

The Trauma-Informed curriculum is designed to strengthen the **protective factors**, which are five characteristics or strengths that act to mitigate risks and buffer the effects of trauma:

1. Parental Resilience
2. Social Connections
3. Knowledge of Parenting and Child Development (including literacy, math, and more)
4. Concrete Support in Times of Need
5. Social and Emotional Competency of Children

In addition, Ready4K experts guide partners through a community asset mapping process to create a supplemental set of messages that link families to community resources, such as substance misuse recovery, violence treatment, food, housing, and economic services, job training, and mental health services. Parents and caregivers then receive these messages and links through a dedicated texting number with a local area code.

Applying a Trauma-Informed Lens

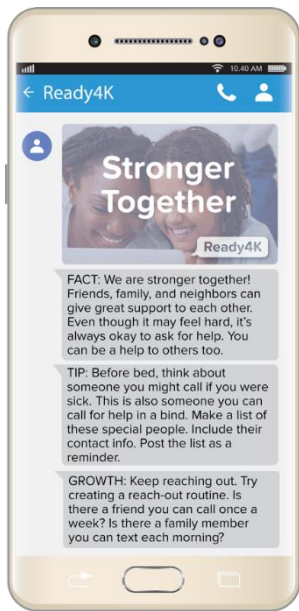
Ready4K applied a trauma-informed approach to the content development process, mindful of the **4Rs**: Realize, Recognize, Respond, and Resist.

The content has been vetted by mental health experts and families to help ensure activities:

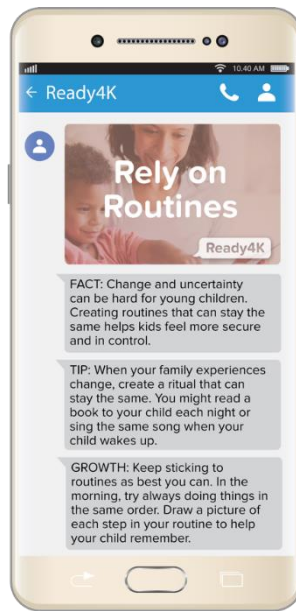
- Avoid potential triggers
- Map onto different lived experiences
- Are doable even during challenging times

Every Ready4K program is designed for access, equity and empowerment to leverage family strengths and set all families up for success.

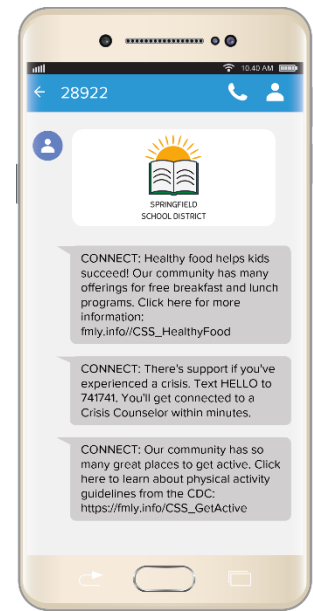
Sample Trauma-Informed Messages



Social Connections



Social and Emotional Competence of Children



Concrete Support in Times of Need

How does the Trauma-Informed program support partners?

Easy Enrollment

The Ready4K Dashboard enables partners to enroll all families with one click, guaranteeing an efficient and equitable implementation of the program. Ready4K Trauma-Informed supports families of children from birth through 8th grade

Local Messaging

Partners receive a dedicated texting number to share resources and build relationships with families during the school year and over the summer. Schedule and send messages in multiple languages, including links, images, and PDFs, amplifying your trauma-informed strategy and supports.

Actionable Data

Ready4K Trauma-Informed provides robust data for program review, stakeholder engagement, and reporting requirements. In addition to standard enrollment, persistence, and usage data, this program includes:

- Quarterly family engagement surveys that focus on the protective factors and offer partners insights into families' experiences and needs
- Click-through data to identify which community services and resources are most needed
- Data on when phone numbers move from working to nonworking, which can be a signal of distress

Accessible

The Ready4K program crosses the digital divide because it **does not require internet access**. Ready4K always uses text messaging to reach families, because:

- 98% of US adults have cell phones
- 98% of US adults send and receive text messages
- 96% of text messages are opened, compared to only 26% of email messages

And Ready4K Trauma-Informed is available in **English and Spanish**.