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"Inside I'm Hurting; Practical Strategies  
for Supporting Children with Attachment  
Difficulties in Schools' by Louise Bomber  
(Worth Publishing 2007) is an  
outstanding new book. The author is a  
teacher/therapist working in Brighton  
and Hove, UK and her passion is to  
support schools in becoming genuinely  
inclusive towards children who have  
experienced trauma and loss.

**Worth Publishing Ltd.**

Inside I'm Hurting : Practical Strategies

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Supporting Children with Attachment Difficulties in Schools. 4.41 (95 ratings by Goodreads) Paperback. English. By (author) Louise Bomber. Share. Pupils who survive multiple traumatic experiences of loss, trauma, abuse and neglect can easily be misunderstood in our schools, despite our good intentions.

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## **Inside I'm hurting : practical strategies for supporting ...**

Inside I'm hurting: Practical strategies for supporting children with attachment difficulties in schools by Louise Bombèr (2007).

### **Advice and Information**

Slow yourself down: talk slower, use a lower pitch for your voice, don't use complex sentences, don't use lots of body movements. Offer self-calming techniques, such as mindfulness, grounding, tracking, positive memories. Teach positive self-talk to students and practice it before you need it.

### **Are You Trauma Informed? - TeacherToolkit**

Each chapter gives practical strategies in bullet point lists for easy reference and useful chapter summaries. The book is loaded with examples, which are indicated in italics to make it easy to locate what you need as a teacher.



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Inside I'm hurting re-affirms teachers of the good teaching practises they are already engaged in, and strengthens

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