

# How to Avoid Triggering and Being Triggered by Our Kids

## Outline

- What do we mean by “triggering” and how does it differ from getting our buttons pushed?
- What’s the difference between being triggered and being annoyed or irritated?
- How to become a trauma detective?
- What types of things can trigger a child?
- How much of having our “buttons pushed” stems from the belief that our child’s behavior is a reflection on us as parents?
- How do the belief systems that we grow up with impact us as adults? We may not even be aware that hold these values and may not even agree with them.
- How can we identify the things in our past that make us likely to be triggered?
- Examples of things parents have told us drives them to distraction (aka triggers them).
  - Whining
  - Disrespect
- Two universal parenting tips for improving a child’s behavior.

[National Child Traumatic Stress Network](#)