



# Resource Guide



A woman with dark hair pulled back, wearing glasses and a light blue button-down shirt with a decorative tie at the waist, is sitting at a desk. She is holding a white mug in her right hand and looking down at a laptop in front of her. The background shows a window with a view of greenery and a wooden interior.

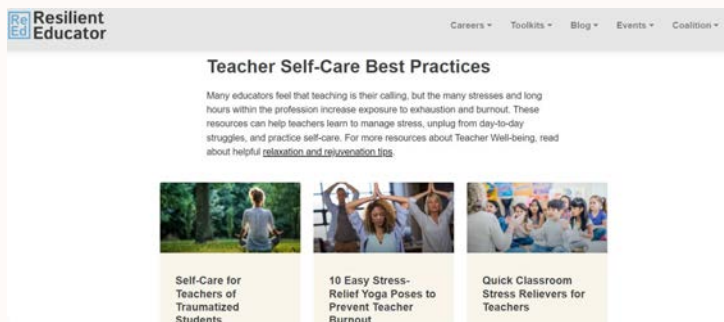
## Resources for Providers:

As providers, you often provide resources for families and children. This is a compiled list of resources for YOU—from self-care to activities that support students who have experienced trauma.



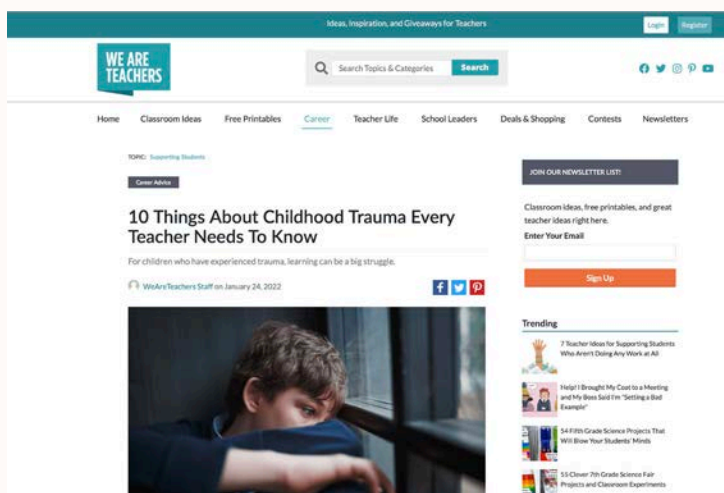
## Trauma-Informed Practices in School: Teaching & Self-Care Resources:

<https://resilienteducator.com/collections/trauma-informed-school-practices/>



## 10 Things About Childhood Trauma Every Teacher Needs to Know:

<https://www.weareteachers.com/teachers-help-childhood-trauma/>



## Responding to Trauma in Your Classroom:

<https://www.learningforjustice.org/magazine/spring-2016/responding-to-trauma-in-your-classroom>



## Quick Links

### **When Students are Traumatized, Teachers are Too:**

<https://www.edutopia.org/article/when-students-are-traumatized-teachers-are-too>

### **How Trauma Affects Kids in School (English and Spanish):**

<https://childmind.org/topics/trauma-grief/>

### **Information on Trauma Screening and Assessment:**

**English:** <https://www.nctsn.org/treatments-and-practices/screening-and-assessment>

**Spanish:** <https://www.nctsn.org/resources/informacion-en-espanol>

### **Native Children: Trauma and Its Effects:**

<https://www.glitc.org/2020/wp-content/uploads/2021/04/Trauma-Informed-Care-Factsheet-2021.pdf>

### **Engaging with Families in Conversations About Sensitive Topics:**

**English:** <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/engaging-with-families-conversations-about-sensitive-topics.pdf>

**Spanish:** <https://eclkc.ohs.acf.hhs.gov/es/publicacion/guia-para-sostener-conversaciones-sobre-temas-delicados-con-las-familias>

### **Response Strategies when Families Share Hard Things:**

[https://challengingbehavior.org/wp-content/uploads/2022/09/Response\\_Strategies\\_Families\\_Share\\_Hard\\_Things.pdf](https://challengingbehavior.org/wp-content/uploads/2022/09/Response_Strategies_Families_Share_Hard_Things.pdf)

### **A Trauma-Informed Resource for Strengthening Family-School Partnerships:**

<https://www.nctsn.org/sites/default/files/resources/resource-guide/a-trauma-informed-resource-for-strengthening-family-school-partnerships.pdf>

### **1-2-3 Care: A Trauma-Sensitive Toolkit for Caregivers of Children:**

[https://srhd.org/media/documents/1-2-3-Care-Toolkit\\_LowResolution.pdf](https://srhd.org/media/documents/1-2-3-Care-Toolkit_LowResolution.pdf)



# Webinars

(Note that PD credit cannot be awarded for these recordings)

**Free webinars from Devereux Center for Resilient Children:**

<https://centerforresilientchildren.org/home/webinars/#archive>

• **For Parents (1 hour): How Parents Can Reduce Children's Challenging Behaviors:**

<https://www.youtube.com/watch?v=A3kiBrjPQjc>

**Understanding the Impact of Child Trauma (1.5 hours):**

<https://www.earlychildhoodwebinars.com/webinars/understanding-the-impact-of-trauma-on-behavior-by-barbara-kaiser/>

**Trauma and Resilience—The Role of Early Child Care Providers (1.5 hours):**

<https://www.youtube.com/watch?v=NsVksoHfsbs>

**Spanish Webinars:**

**Delivering Trauma and Culturally Informed Care to the Latinx Community / Proporcionando el Cuidado Informado del Trauma de Manera Culturalmente Apropriadada:**

<https://youtu.be/gG5SX3pDBr8>

**Free webinars from The National Child Traumatic Stress Network:**

[https://www.nctsn.org/resources/training/webinars?search=&resource\\_type=21&traumatype=All&language=86&audience=All&other=All](https://www.nctsn.org/resources/training/webinars?search=&resource_type=21&traumatype=All&language=86&audience=All&other=All)

**Trauma-Informed Approaches to Care:**

<https://youtu.be/Mtax2379RFM>

A photograph of two women in an office environment. The woman on the left, with long brown hair, is wearing a light grey blazer over a red top and is smiling while pointing at a tablet. The woman on the right, with dark hair, is wearing a beige blouse and is also smiling, looking at the tablet. They are both holding the tablet together. The background is a bright, out-of-focus office space with large windows and greenery.

# Shareable Resources

These resources are intended for you to share with adults in the lives of children.



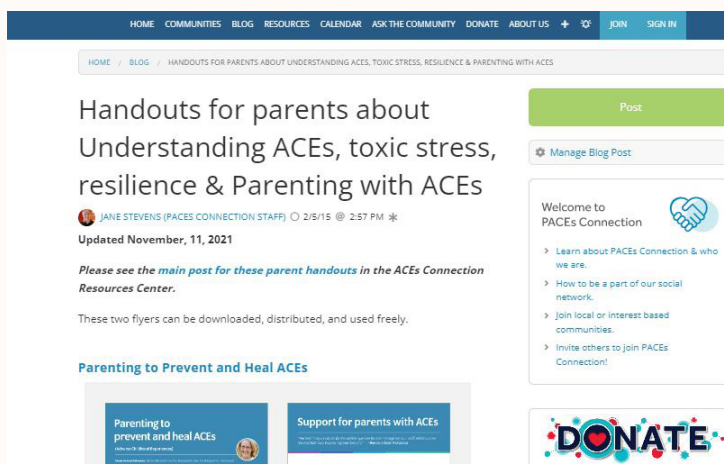
## Parenting After Trauma: Understanding Your Child's Needs (Spanish available by clicking icon at the top of the page):

[https://www.healthychildren.org/English/family-life/family-dynamics/adoption-and-foster-care/Pages/Parenting-Foster-Adoptive-Children-After-Trauma.aspx?\\_ga=2.257863371.1328803249.1678302303-1452809653.1678302303&\\_gl=1\\*11y9962\\*\\_ga\\*MTQ1MjgwOTY1My4xNjc4MzAyMzAz\\*\\_ga\\_FD9D3XZ-VQQ\\*MTY3ODMwMjMwMi4xLjAuMTY3ODMwMjMwMi4wLjAuMA](https://www.healthychildren.org/English/family-life/family-dynamics/adoption-and-foster-care/Pages/Parenting-Foster-Adoptive-Children-After-Trauma.aspx?_ga=2.257863371.1328803249.1678302303-1452809653.1678302303&_gl=1*11y9962*_ga*MTQ1MjgwOTY1My4xNjc4MzAyMzAz*_ga_FD9D3XZ-VQQ*MTY3ODMwMjMwMi4xLjAuMTY3ODMwMjMwMi4wLjAuMA)



## Understanding ACEs, Toxic Stress, Resilience, and Parenting with ACEs (English, Spanish, Dari, and Arabic):

<https://www.pacesconnection.com/blog/handouts-for-parents-about-aces-toxic-stress-and-resilience>



## Nine Tips for Talking to Children About Trauma:

[https://greatergood.berkeley.edu/article/item/nine\\_tips\\_for\\_talking\\_to\\_kids\\_about\\_trauma](https://greatergood.berkeley.edu/article/item/nine_tips_for_talking_to_kids_about_trauma)



## Talk with a Friend About Mental Health:

<https://seizetheawkward.org/>



## Infographic: Understanding Child Trauma:

English: [https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4923\\_0.pdf](https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4923_0.pdf)



Spanish: <https://store.samhsa.gov/sites/default/files/d7/priv/sma15-4923sp.pdf>





## Book list About Trauma and/or Disruptive Childhood Experiences:

(Disclaimer: Read through the book before sharing with children or families; check wording, topic, and pictures to make sure it is developmentally appropriate and relevant to their needs.)

<https://guides.lib.uni.edu/youthbooks/trauma>

First Day of School	<b>Picture Books about Traumatic and/or Disruptive Childhood Experiences</b> This list was created in October 2020 to support LITED 3121 (Children's Literature for Diversity and Social Justice). The books on this list cover a variety of difficult, traumatic, and/or disruptive childhood events. If you have feedback to share about any of the titles on this list, please get in touch with the Youth Services Librarian! I look forward to hearing from you. There are some topics on which we don't have many recent titles. I am working to build our collection in these areas, and I would appreciate recommendations if you know of any books we should have. Book descriptions in quotation marks come from our catalog. Book descriptions without quotation marks are original to this list.
Hair	
Seasons	
Autism in KidLit	
Anti-Black Racism and the Legal System	
Building Classroom Culture	
<b>Childhood Trauma in Picture Books</b>	
Refugee Experiences	
Youth Collection eBooks	
Indigenous Youth Literature	
Books About Education	<b>Death of a Loved One</b> Death Is Stupid by Anastasia Higginbotham Call Number: Y 155 H Publication Date: 2016 "This exploration of grief and mourning recognizes the anger and confusion that a child feels around death while offering possibilities for celebrating life and love."
Social Emotional Learning in Picture Books	The Pond by Nicola Davies; Cathy Fisher (Illustrator) Call Number: YE DAV Publication Date: 2017 "A young boy and his family are trying to overcome the loss of his father. The natural world becomes part of the healing process."

## 988 Suicide & Crisis Lifeline (options to call or chat with someone). Support includes specific resources including—but not limited to—Ayuda En Español, LGBTQ+, Youth, Attempt Survivors:

[https://988lifeline.org/?utm\\_source=google&utm\\_medium=web&utm\\_campaign=onebox](https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox)


[GET HELP](#)
[LEARN](#)
[GET INVOLVED](#)
[PROVIDERS & PROFESSIONALS](#)

[En Español](#)
[988](#)
[For Deaf & Hard of Hearing](#)

### 988 Suicide & Crisis Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.




## Quick Links

### **Some Starters for Giving Positive Feedback:**

**English:** <http://csefel.vanderbilt.edu/modules/module1/handout7.pdf>

**Spanish:** <http://csefel.vanderbilt.edu/modules-archive/module1/handouts/3-sp.html>

### **Parenting a Child Who Has Experienced Trauma (English and Spanish):**

<https://www.childwelfare.gov/pubs/factsheets/child-trauma/>

### **Age-Related Reactions to a Traumatic Event:**

**English:** [https://www.nctsn.org/sites/default/files/resources/age\\_related\\_reactions\\_to\\_traumatic\\_events.pdf](https://www.nctsn.org/sites/default/files/resources/age_related_reactions_to_traumatic_events.pdf)

**Spanish:** <https://www.nctsn.org/resources/age-related-reactions-traumatic-event-sp>

### **A Guide for Youth: Understanding Trauma:**

<https://youthmovenational.org/wp-content/uploads/2019/05/Youth-Trauma-Guide-Understanding-Trauma.pdf>

### **Infographic: Supporting children (0-5 yr) Who Have Experienced Trauma:**

[https://www.childcareaware.org/wp-content/uploads/2015/12/after\\_violence.jpg](https://www.childcareaware.org/wp-content/uploads/2015/12/after_violence.jpg)

### **Infographic—Turning the Tide for Traumatized Children:**

**English:** [https://www.cdacouncil.org/wp-content/uploads/2020/08/Trauma-Infographic\\_full-final-print.pdf](https://www.cdacouncil.org/wp-content/uploads/2020/08/Trauma-Infographic_full-final-print.pdf)

**Spanish:** <https://www.cdacouncil.org/es/infographic/invertir-la-tendencia-a-favor-de-los-ninos-que-padecen-traumas/>

### **Talking to Children When Scary Things Happen:**

**English:** <https://www.nctsn.org/sites/default/files/resources/fact-sheet/talking-to-children-when-scary-things-happen.pdf>

**Spanish:** <https://www.nctsn.org/resources/talking-to-children-when-scary-things-happen-sp>

### **Emergency Response Child Abuse Reporting Telephone Numbers per county:**

<https://www.cdss.ca.gov/reporting/report-abuse/child-protective-services/report-child-abuse>



# My Notes



# Self-Care

These resources are to promote self-care and mindfulness in adults and children.



## Self-care for parents:

<https://childcareanswers.org/wp-content/uploads/2022/05/Embracing-Self-Care1.pdf>

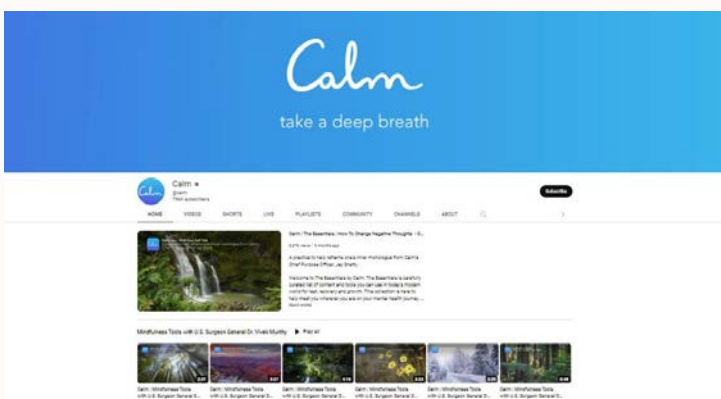


### Simple Self-Care Ideas for Parents

- Journal for 20 minutes. Write your thoughts and feelings, journal about your day, or write something funny your kid(s) did that day.
- Make yourself a nice drink like chamomile tea, hot chocolate, or juice—and sip it slowly.
- Color a picture from a coloring book with or beside your child. Take your time.
- Exercise on your own or as a family. Get outside and go on a hike or nature walk.

## Calm app YouTube:

Calm YouTube channel: <https://www.youtube.com/@calm>



Calm  
take a deep breath

HOME VIDEO SHORTS LIVE PLAYLISTS COMMUNITY CHANNELS ABOUT

Self: The Secret to Not Thinking Negative Thoughts (ft. Dr. David S. Reardon)

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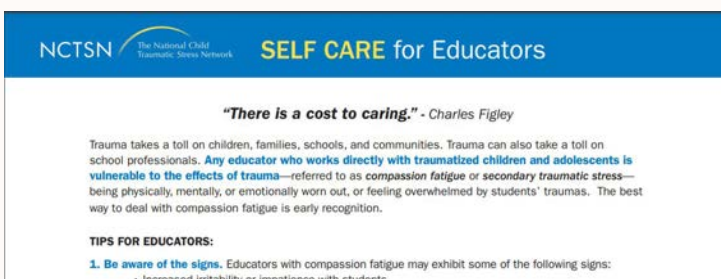
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Self: The Secret to Not Thinking Negative Thoughts (ft. Dr. David S. Reardon)

## Self-Care Tips for Educators:

English: <https://www.learningforjustice.org/magazine/spring-2016/responding-to-trauma-in-your-classroom>



NCTSN The National Child Traumatic Stress Network **SELF CARE for Educators**

**"There is a cost to caring." - Charles Figley**

Trauma takes a toll on children, families, schools, and communities. Trauma can also take a toll on school professionals. **Any educator who works directly with traumatized children and adolescents is vulnerable to the effects of trauma**—referred to as **compassion fatigue** or **secondary traumatic stress**—being physically, mentally, or emotionally worn out, or feeling overwhelmed by students' traumas. The best way to deal with compassion fatigue is early recognition.

**TIPS FOR EDUCATORS:**

**1. Be aware of the signs.** Educators with compassion fatigue may exhibit some of the following signs:

- Increased irritability or impatience with students

Spanish: [https://www.nctsn.org/sites/default/files/resources//self\\_care\\_for\\_educators\\_sp.pdf](https://www.nctsn.org/sites/default/files/resources//self_care_for_educators_sp.pdf)



NCTSN The National Child Traumatic Stress Network **AUTO-AYUDA para Educadores**

**"La comprensión hacia los demás tiene un costo". - Charles Figley**

El trauma tiene un grave efecto en niños, familias, escuelas, y comunidades. El trauma también puede desgastar al profesional de educación. Todos los educadores que trabajan directamente con niños y adolescentes traumatizados se exponen al trauma. Esto se refiere a la fatiga por compasión, o estrés secundario—estar gastado físicamente, mentalmente, o emocionalmente, o la sensación de estar abrumado por el trauma de los estudiantes. La mejor manera de manejar la fatiga por compasión es reconocerla tempranamente.

**CONSEJOS PRACTICOS PARE EDUCADORES:**

**1. Está atento a las señales.** Educadores con fatiga por compasión pueden exhibir las siguientes señales:

- Irritabilidad y falta de paciencia con los estudiantes



## Quick Links

### **What is Self-Care, and What is Not Self-Care?:**

<https://www.betterhelp.com/advice/mindfulness/what-is-self-care-and-what-is-not-self-care/>

### **You Need to Take Care of YOU! (1 hour webinar recording):**

[https://www.youtube.com/watch?v=qrT2\\_ase7V0](https://www.youtube.com/watch?v=qrT2_ase7V0)

### **Self-Care and Wellness:**

<https://www.virtuallabschool.org/focused-topics/trauma-informed-care-in-child-care-settings/lesson-4>

### **Self-Care for Teachers:**

<https://resilienteducator.com/collections/trauma-informed-school-practices/>

### **Gentle Reminders for Times of Stress:**

**English:** <https://www.nctsn.org/sites/default/files/resources/fact-sheet/wellbeing-practices-gentle-reminders-for-times-of-stress.pdf>

**Spanish:** <https://www.nctsn.org/sites/default/files/resources/fact-sheet/well-being-practices-gentle-reminders-for-times-of-stress-sp.pdf>

### **Pause, Reset, Nourish (PRN) for Well-Being:**

**English:** <https://www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness>

**Spanish:** <https://www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness-sp>

### **5 min meditation for providers:**

[https://www.youtube.com/watch?v=yXd-TnJ\\_Zcc](https://www.youtube.com/watch?v=yXd-TnJ_Zcc)

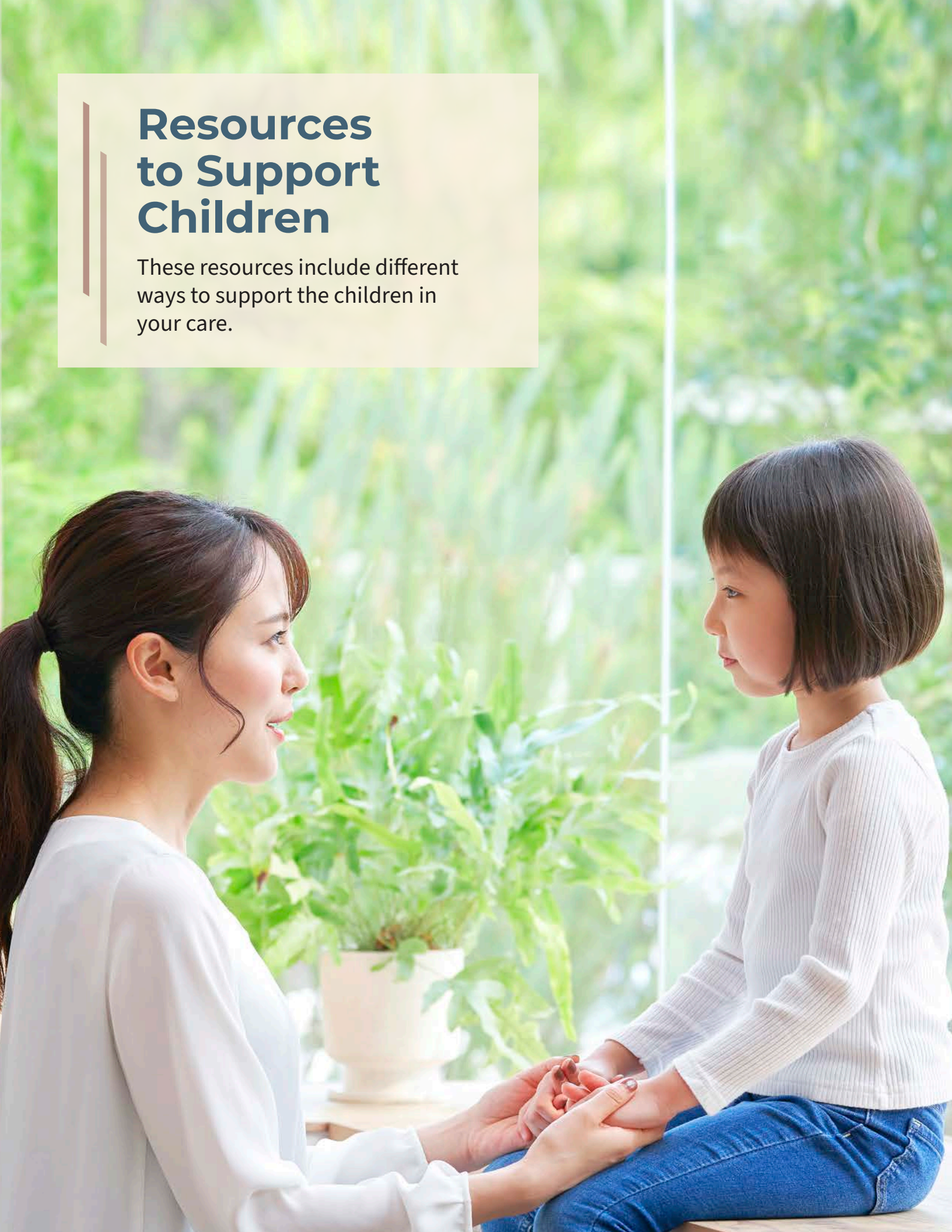




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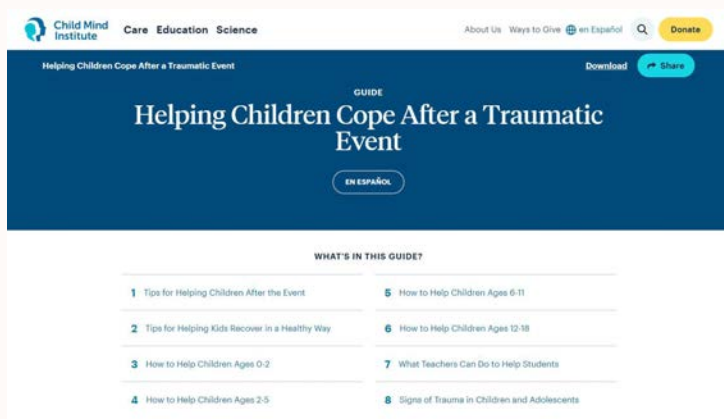
# Resources to Support Children

These resources include different ways to support the children in your care.



## Helping Children Cope After Traumatic Event (Broken down by age)

**English:** [https://childmind.org/guide/helping-children-cope-after-a-traumatic-event/#block\\_8f4e1007-1bbe-4486-a033-4fe8f4c8b1cb](https://childmind.org/guide/helping-children-cope-after-a-traumatic-event/#block_8f4e1007-1bbe-4486-a033-4fe8f4c8b1cb)



**Spanish:** <https://childmind.org/es/guia/guia-sobre-como-ayudar-a-los-ninos-a-lidiar-con-un-evento-traumatico/>



## Mindfulness for Kids:

<https://www.mindful.org/mindfulness-for-kids/>





## Quick Links

### **Short lessons with Rachel Giannini:**

<https://www.youtube.com/channel/UCcPGk9merSVEOUWkUP8Cxvg/videos>

### **Self-Regulation Activities (13 minute video):**

[https://www.youtube.com/watch?v=TkPwr\\_plwhU](https://www.youtube.com/watch?v=TkPwr_plwhU)

### **“I Love You” Rituals (Conscious Discipline):**

- <https://www.youtube.com/watch?v=C3PtrlnUm4U>
- <https://www.youtube.com/watch?v=1rHAjAleJk>
- <https://www.youtube.com/watch?v=US2Jnqo75G0>

### **Feeling Faces (Chart with photos):**

[https://challengingbehavior.org/docs/FeelingFaces\\_cards\\_EN-Blank.pdf](https://challengingbehavior.org/docs/FeelingFaces_cards_EN-Blank.pdf)

**English/Spanish:** [https://challengingbehavior.org/docs/FeelingFaces\\_cards\\_EN-SP.pdf](https://challengingbehavior.org/docs/FeelingFaces_cards_EN-SP.pdf)

### **Activity calendars:**

<https://ideas.demco.com/tag/activity-calendar/>

### **ZTT Mindfulness (English and Spanish):**


<https://www.zerotothree.org/resource/getting-started-with-mindfulness-a-toolkit-for-early-childhood-organizations/>



# My Notes

# Resource Guide



[www.ccputrainingfund.org](http://www.ccputrainingfund.org) |   



[www.ccrcca.org](http://www.ccrcca.org) |    