

DIGITAL DIALOGUE

TRAUMA & RECOVERY

Helping Young Children Who Have Experienced Trauma









Join the National Conversation on Child Abuse and Neglect



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Definition of Early Childhood Trauma

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When a young child experiences an event that causes actual harm or poses a serious threat to the child's emotional and physical well-being.



Different from regular life stressors because it causes a sense of intense fear, terror, and helplessness beyond the normal range of typical childhood experiences.





Early Childhood Trauma

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Affects almost half of all U.S. children (35 million)

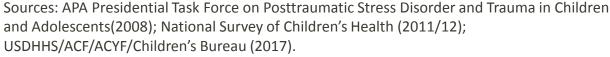
Disproportionately affects young children

Examples: abuse & neglect, separation/loss of a parent, serious injury, domestic violence

Myths: Young children don't remember traumatic events; they always "bounce back"

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Trauma in early childhood affects:

- brain structure
- cognitive development
- social-emotional development and behavior

- Iearning
- ability to form healthy attachments to others
- physical health

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Meeting the Needs of Young Children Who Have Experienced Trauma

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- Presence and continuity of a nurturing caregiver
- Environments that promote:
 - Safety and trust
 - Self-regulation and social-emotional skills
 - Other early skills needed to succeed in school







Nurturing Adults Can Provide Trauma-Informed Care

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- Facilitate children's coping by helping them process events.
- Provide predictable routines and expectations.
- Identify and limit exposure to triggers and help children cope.
- Protect children from re-traumatization.
- Promote children's self-regulation skills.
- Support early learning.
- Access community services and supports.





Parents and other caregivers need information on:

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- The impact of trauma on children
- Effective ways of identifying and addressing trauma
- Promoting parental well-being
- Evidence-based/-informed community services and supports
- Ways to cope with and prevent secondary stress





Impact on Parents and Families

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- Parenting a trauma-exposed child is stressful.
 - Stress may lead to insensitive caregiving.
- Parents may experience the same trauma (e.g., domestic violence, accident).
 - Negative reactions in parent or child may intensify the other's symptoms.
- Challenges related to child trauma may lead to family conflict.







Resources

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- <u>Helping young children who have experienced trauma:</u> <u>Policies and strategies for early care and education</u>
- <u>National Child Traumatic Stress Network: Early</u> <u>childhood trauma</u>
- <u>Excessive stress disrupts the architecture of the</u> <u>developing brain</u>
- <u>SAMHSA's concept of trauma and guidance for a</u> <u>trauma-informed approach</u>
- <u>Trauma-Informed Practice</u>
- Developing a Trauma-Informed Child Welfare System

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Thank You & Next Steps

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- Download the handouts to learn more. Click on the files in the "Handouts" box on your screen.
- Do you have innovative ideas, questions or concerns about trauma and resilience? Tell us about your work. Send an e-mail to hello@CANTASD.org with "Trauma and Resilience" in the subject line.





Participant Feedback

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Thank you for your participation!

How useful was this session?

Additional Comments: hello@CANTASD.org

