

Helping Children Birth through Age 5 Rebound from Traumatic Experiences: Creating Classrooms That Support Recovery

Additional Resources



CTA is a not-for-profit organization based in Houston, Texas working to improve the lives of high-risk children through direct service, research and education. We recognize the crucial importance of childhood experience in shaping the health of the individual, and ultimately, society. By creating biologically-informed child and family respectful practice, programs and policy, CTA seeks to help maltreated and traumatized children. (<https://childtrauma.org>)

Look also for some of their videos on youtube...especially those by Dr. Bruce Perry.

<https://childtrauma.org>



Center on the Developing Child HARVARD UNIVERSITY

The future of any society depends on its ability to foster the healthy development of the next generation. Extensive research on the biology of stress now shows that healthy development can be derailed by excessive or prolonged activation of stress response systems in the body and brain. Such toxic stress can have damaging effects on learning, behavior, and health across the lifespan. (<http://developingchild.harvard.edu/science/key-concepts/toxic-stress/>)

There is an abundance of information in both text and video on the Center on the Developing Child website. The link here will take you directly to the section on toxic stress. Don't miss the short video.

<http://developingchild.harvard.edu/science/key-concepts/toxic-stress/>



U.S. Department of Veterans Affairs

One section of this website is dedicated to the National Center for PTSD. The National Center for PTSD is dedicated to research and education on trauma and PTSD. [They] work to assure that the latest research findings help those exposed to trauma.
(<http://www.ptsd.va.gov/index.asp>)

Lots of valuable information about PTSD, along with a section dedicated to PTSD in children 6 years old and younger.

http://www.ptsd.va.gov/professional/PTSD-overview/ptsd_children_6_and_younger.asp

Cate Heroman
CateHeroman@mac.om

Jenna Bilmes
JennaBilmes@gmail.com