Land Acknowledgement

I'm presenting today while on the unceded lands of the Nanahoe. While I do not have the authority to give back stolen lands, this acknowledgement is one way I hold myself accountable to avoid the erasure of Indigenous culture in my early childhood classroom.

I am also mindful that the work I do should actively avoid re-traumatizing anyone, including those who have experienced historical trauma like forced removal, genocides, and racism.

Trauma and Young Children: Teaching Strategies to Support and Empower

https://www.naeyc.org/resources/pubs/books/trauma-and-young-children
Definitions

- Educator
- Trauma Informed Care (TIC)
- Trauma
- Traumatic Effect
- Post Traumatic Stress Disorder (PTSD)

Trauma occurs when a child witnesses or experiences an event that is a threat (real or perceived) to themselves or someone close to them. It can overwhelm a child’s ability to cope and cause a chain reaction of feelings and changes in behavior.

Trauma is...

- An individual experience based on that person’s perspective
- Not just the event itself but the response to the situation
- Subjective
Adverse Childhood Experiences (ACES)
Potentially traumatic events that occurred in childhood


Racism and Trauma
If everyone woke up tomorrow and said they were “going to be kind” racism would still exist it is built into the systems all around us.
Why Knowing About Trauma is Important

Stress Response
Types of Stress

What Can You Do?
- Recognize all children will benefit from a trauma informed approach
- Build relationships
- Use play
- Take care of yourself

RELATIONSHIPS ARE ONE OF THE BEST TOOLS WE HAVE TO HELP CHILDREN DEVELOP POSITIVE STRESS RESPONSE

The relationships you build are CRITICAL
Families

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Representation matters

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Play is the work of the child

Maria Montessori

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Respect Yourself

Make a Plan

Smart Goals

- Specific: What exactly are you trying to accomplish? Why is this goal important? What resources or limits are involved?
- Measurable: How much effort will it take? How many people are involved? How will you know it is accomplished?
- Assignable: Who will do it?
- Realistic: Is this worthwhile? What results can realistically be achieved given available resources?
- Time: When, specifically, can it be achieved? What can you do today?

SET 2-3 SMART GOALS AT A TIME

Don’t Go It Alone
Covid 19

We are all in the same storm
We are not all in the same boat