

A Place for All Children: Learning About Inclusion  
Addressing Stress and Trauma in Children



Making Children a Priority

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Agenda



Welcome

Part 1: Trauma In Children

Part 2: Stress In Children

Part 3: Early Interventions

Wrap It Up

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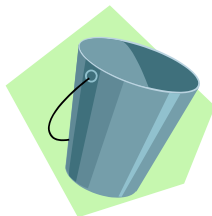
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Fill Your Bucket

Talk to a neighbor about a compliment you have received over the past week.



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Trauma is...



“The **unique experience** of an event or enduring condition in which the **individual’s ability to integrate his/her emotional experience is overwhelmed** and the individual experiences (rather objectively or subjectively) a **threat** to his/her life, bodily integrity, or that of a caregiver or family.”

Saakvitne, K. et al, 2000

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Trauma



- Natural disasters
- Deployment
- Loss of a loved one
- Community violence
- Domestic violence
- Moving



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Trauma



Acute.....single

Chronic...multiple exposures

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### Who is....Raise your hand...as many times as you need to...



- 1. Working with children that are in foster care?
- 2. Children that have been kicked out of another child care?
- 3. Military families?
- 4. Families that are moving a lot?
- 5. Families in poverty?
- 6. Families that have stressful family environment?

What is going on with the families we support?  
 What do you do when the children have a hard time in your classroom?

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### Effects of Traumatic Exposure



Effects vary per child and exposure

- Age and Developmental Level
- Perception of Danger
- Victim or Witness
- Relationships
- Past Experiences
- Adult Support

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### Risk Factors



- Serious accident or illness
- Witness domestic violence
- Victim or witness community violence
- School violence



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Risk Factors



- Natural disasters
- Forced displacement
- War/Terrorism/Political violence



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Risk Factors



- Victim or Witness to  
Personal or Interpersonal Violence
- Traumatic Grief or Separation
- System Induced Trauma



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### Scenarios

4 Scenarios

1. A Christmas to Remember
2. From Trauma to Triumph: Becoming the Mom My Kids Need
3. My Cousin
4. A Youth's Story



\*What kind of Trauma?

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\*What were the risk factors?

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\*What were the effects of the Trauma?

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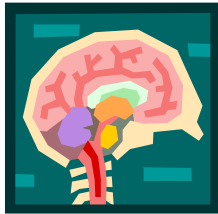
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### Developing Brain



#### How Brains Are Built



How Brains are Built - The Core Story of Brain Development.pdf

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What are ways we can build Resiliency in the classroom?



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Building Resilience in the Classroom



Emotional Literacy



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Building Resilience in the Classroom



Safe Spaces



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Building Resilience in the Classroom



Dramatic Play and Art



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Building Resilience with Therapy



Play Therapy



Cognitive Behavior Therapy



Pharmacology and Medication

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Intervention Screening Tools



Screen child abuse

Screen domestic violence

Screen for trauma and stress

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Resources for Families



**National Child Traumatic Stress Network**  
www.nctsn.org  
**Missouri Child Advocacy Centers**  
missourikidsfirst.org  
**Missouri Department of Health and Senior Services**  
www.dss.mo.gov

**Missouri Child Abuse and Neglect Hotline**  
**1-800-392-3738**

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Reflection Activity



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