

HiMama Helps Webinar

Trauma Informed Methods for Early Educators



Your Hosts



Ria Simon
RECE Specialist
HiMama



Carmen Choi
Community Coordinator
HiMama



Our Special Guest



Charle Peck

Certified Trauma Practitioner
Advancing Humanity

- Mom of 3 boys
- 18 years of teaching experience
- Mental health rep
- Bringing more attention and knowledge to how trauma affects children



Disclaimer

*This content **is not** personalized legal advice for your center. The goal is to have a conversation around the topic to inspire and give you ideas that you can implement at your centers.*

*Each State and Province has different licensing rules and regulations. **Please consult with your own legal and financial advisors before implementing something that you are not 100% sure about at your center.***

Topics Covered

- COVID-19 & trauma
- Adverse Childhood Experiences (ACEs)
- How trauma affects the mind & body
- Applying the trauma lens to process current challenges
- Tools and strategies to make coping easier!



Let's be real, COVID-19 has been traumatizing experience

- What is trauma?
 - Any experience that leaves a person feeling hopeless, helpless, fearful
 - This can be real or it can be perceived - COVID-19 feeds into both.
- Why should we consider trauma in the reopening process?



Let's put it into perspective...

National Survey of Child's Health -CDC, 2017:

- Over 50% of the nations children have experienced at least one or more types of serious childhood trauma.
- 33% of children have experienced two or more types of childhood adversity.



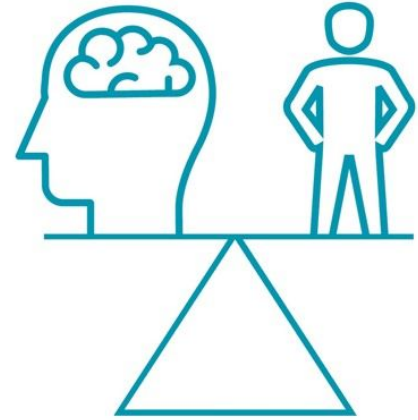
Adverse Childhood Experiences (ACEs)

- What is ACEs?
- How can this framework help ECEs support children?
- How do we identify trauma in young children?



The effect of trauma (mind & body)

- How is the brain affected by trauma?
- How does the body react in response?
- Why is knowing the effect of trauma on our mind & body important?



Activity for kids: Animals inside me



Meerkat



Tiger



Owl



How to apply the trauma lens in your work

- Remove yourself from the situation and focus on the things you can control
- Practice empathy by asking “why”
- Understanding the science
- Talk about it!



Tools and strategies

- Create a safe space
- Think of your body
- Guided meditations
- Coloring sheets
- Build a calm down checklist
 - Calming corner
 - Sensory bottles
 - Stress ball
 - Bean bag



Open Audience Questions

Shout-outs!



Connect with Charle!



@AdvancingHumans
@CharlePeck



Advancing Humans
Facebook Group



<http://advancinghumanitypodcast.com/episodes/>

Certificate Instructions

1. **Please check your Inbox for an email from WebinarJam titled “Your Webinar Certificate”**
2. That email will include a link to the certificate for today’s session that you can download.
3. **You will need to fill in your name and center name information.** You can do this using a PDF form filler or print a copy and fill it out manually.
4. That’s it, you’re done!
5. If you miss it today, watch out for the Show Notes email tomorrow - we will be sending it out there as well.



What's Next?

- **Show Notes & Recording** - You will receive an email linking to resources and this recording tomorrow!
- Our next session will be all about ***Diversity & Inclusion***, happening **next week**, **Thursday July 30 at 2 PM Eastern**
- We have just shared a survey link in the blue box at the top of the chat. Let us know how we can improve!



**We are all in this
together,
stay Healthy and
safe!**

**Thanks for spending
your time with us!**