

## Understanding Trauma in an Early Childhood Context

Head Start programs are uniquely positioned to address trauma. Join the Office of Head Start (OHS), the National Center on Early Childhood Health and Wellness (NCECHW), and the National Center on Parent, Family, and Community Engagement (PFCE) to explore what trauma is and recognize its signs and symptoms in young children. Discover strategies to promote resilience in children and the adults who care for them.

First, watch a two-part webinar introducing key concepts in understanding trauma and send us your questions and comments. Later, join us for a live webinar discussion where OHS and National Center experts will address your questions.

### **Promoting Empathy, Understanding Trauma** **[Watch Now on the ECLKC!](#)**

This two-part video series equips teachers with tools to manage their reactions to trauma. It also offers approaches program leaders can use to build organizational capacity around serving children and families impacted by traumatic events. These webinars were originally aired as part of the OHS's Safe Foundations, Healthy Futures campaign.

**[Part 1](#)** helps staff to understand the impact of trauma on children's behavior, their social and emotional well-being, and the health and wellness of adults in the child's life.

**[Part 2](#)** discusses how Head Start and Early Head Start program staff must take adult wellness into consideration so staff are better able to create a trauma-informed organization. Implementing strategies such as mindfulness, training on the impact of trauma, and mental health consultation can help programs create a safe and nurturing environment for children and adults.

Send your trauma-related questions or comments to [trauma@eclkc.info](mailto:trauma@eclkc.info). OHS will use them to inform the basis of discussion for their upcoming Office Hours webinar. Find details and registration information below.

### **Office Hours: Understanding Trauma in an Early Childhood Context**

**Thursday, April 9, 2020**

**1–2 p.m. ET**

**[Register Online Now!](#)**

Join us for a live webinar to address your questions, comments, and concerns regarding the **[Promoting Empathy, Understanding Trauma](#)** video series. Dr. Sangeeta Parikshak, social science analyst at OHS, will be joined by experts in the field to respond to your questions and discuss implications.

### How to Register

Select the link to register: [https://goto.webcasts.com/starthere.jsp?ei=1298973&tp\\_key=230a4a88c1](https://goto.webcasts.com/starthere.jsp?ei=1298973&tp_key=230a4a88c1)

## #HeadStartHeals Campaign

Find more trauma resources and strategies through OHS's #HeadStartHeals campaign. Program managers can use these resources to design quality improvements for their programs. Direct service staff can use promoted strategies to assist the children and families they serve. In the coming weeks, we will discuss:

- The intersection of substance use disorder and trauma and how Head Start programs can help
- Understanding trauma-informed care in high needs communities and in classroom settings
- Trauma and adult mental health

## Additional Resources

### [Recognizing and Addressing Trauma in Infants, Young Children, and Their Families](#)

This training module can help Head Start and Early Head Start staff understand what is meant by trauma and recognize its developmental context in early childhood. It can be used to extend their own knowledge for intervention through consultation.

## Share This Opportunity

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