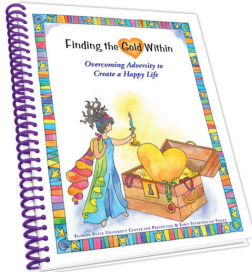




Trauma-Related Resources for Early Childhood Programs

Building a Resilient Workforce and Community with *Finding the Gold Within*

Finding the Gold Within: Overcoming Adversity to Create A Happy Life



This inspirational book and one-day motivational training is based on resiliency science. We can't stop bad things from happening, but we can choose how to cope and harness the strengths in the process of overcoming adversity to not only survive, but to thrive. This book helps build resiliency and discover inner strengths and the "Gold Within." This up-beat interactive training utilizes popular music, movie clips, and dress-up props to inspire participants to find their own "gold within." The workbook can be used in groups or with individuals as part of a staff wellness initiative, parent engagement activities, or home visits. The focus is on topic areas that allow fresh insights to awaken our hidden potential including:

- ★ creating a dream
- ★ overcoming obstacles
- ★ healing inner wounds
- ★ learning to nurture body and soul
- ★ building a circle of support and trusting relationships
- ★ fostering self-esteem in children
- ★ increasing abundance
- ★ mindfulness and meditation
- ★ bringing together all aspects of self-esteem

The 100+ page interactive, artistic workbook is \$30 per book. Training is not required to utilize the workbook.

Infusing Trauma Training and Trauma-Informed Practice into Your Program

Trauma Informed Child Care Training

FSU offers a face-to-face full day training for child care providers and teachers to help young children deal with stress and trauma. The training is organized to provide:

- an overview of trauma and attachment science
- understanding of the impact of trauma on development (physical, emotional, cognitive, language, motor)
- signs of trauma and causes of stress in the classroom
- strategies to help children deal with stress and trauma
- ways to promote positive guidance and supports
- knowing when and who to call for additional help



Infusing Trauma Training and Trauma-Informed Practice into Your Program *(continued)*

Partners for a Healthy Baby Parenting and Home Visiting Curriculum: Impact of Trauma, Toxic Stress & Early Adversity—How to Build Resilience

This training showcases key concepts from the *Partners for a Healthy Baby* Parenting and Home Visiting curriculum that focus on recognizing and managing trauma, toxic stress, and adversity. Parent handouts (English and Spanish) are also available for purchase. This training is available as a webinar series or face-to-face training and includes:

- an overview of trauma and attachment science
- understanding of the impact of trauma on development (physical, emotional, cognitive, language, motor)
- tools and trauma-informed strategies to screen for trauma
- key components of resiliency and ways Home Visitors and Family Engagement Staff can promote in their work with families
- ways to promote positive guidance and supports
- knowing when and who to call for additional help



Increasing the Quality of Child Care for our Most Vulnerable Infants and Toddlers

FSU 10 Components of Quality Care for Infants and Toddlers

The *FSU 10 Components of Quality Care for Infants and Toddlers* provides a systematic approach to quality enhancement with Signs of Quality to identify a program's current level of quality and areas that need improvement, and Steps to Quality that allow programs to develop individualized Quality Improvement Plans. This system of Continuous Quality Improvement supports programs as they work toward providing higher levels of quality care for their infants and toddlers, including following safe and healthy program practices, providing active and responsive caregiving, and ensuring trauma-informed practices are in place that promote resilience and serve as a protective factor. Training is available to assist programs with the implementation of this continuous quality improvement system.



The FSU 10 Components of Quality are:

1. Safe & Healthy Program Practices
2. Staff Well Trained
3. Environments for Learning
4. Small Groups with Optimal Ratios
5. Primary Caregiving & Continuity of Care
6. Active & Responsive Caregiving
7. Curriculum & Individualization
8. Emerging Language & Literacy
9. Family Engagement & Cultural Continuity
10. Comprehensive Support Services



Resources to Strengthen Family Engagement in Your Program

These **Parent Handout** bundles pulled from our internationally utilized *Partners for a Healthy Baby Parenting and Home Visiting curriculum* are a research-based resource to use with families who have experienced trauma. They can be used with parents to promote Strengthening Families' Protective Factors: **build parental resilience, create a deeper connection between program staff and parents, increase parental knowledge of parenting and child development, and provide strategies parents can use to support their child's social emotional development.**

Our magazine style handouts feature colorful illustrations and photos of diverse families and are available in both Spanish and English. Handouts can be shared individually or in groups and are designed to be used by Family Engagement staff, Home Visitors or Teachers with various levels of education. Each bundle has a corresponding User's Manual that includes detailed content information and suggested ways to introduce these topics to families.



Partners for a Healthy Baby Parenting and Home Visiting Curriculum Bundles

Below are sample handouts from our most popular bundled sets.

Emotional Health Bundle

Parent Guidance Bundle

Social/Emotional Bundle