



Meeting Needs and Responding to Feelings: Parenting Young Children Who Have Experienced Trauma

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The speakers have no conflicts of interest for this presentation.

Welcome and Plan for Today

- Orient to who we are at Zero to Thrive
- Trauma in Young Children
- Introduce Strong Roots
- Using the Tree to Support Children
- Using the Wondering and Response Wheel to Support Children

Speakers Introduction



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Promoting the health and
resilience of families from
pregnancy through early
childhood with research,
education, partnership, and service

WHAT'S HAPPENING >



Guiding Principles

Equity

Multigenerational

Social Justice

Anti-Racist

Capacity for Resilience

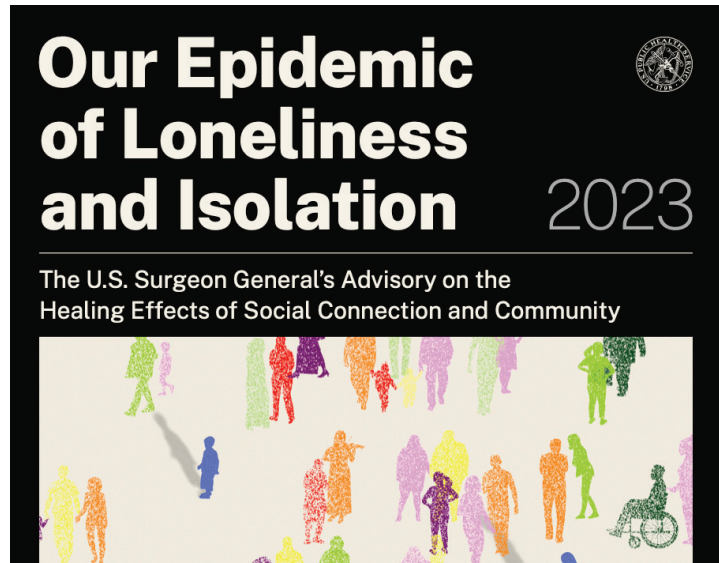
Diverse Families

Reciprocity

Science of Early Relational Health

Inherent Power and Wisdom of Families

What is stressing out families?



Parenting stress and loneliness effects 1 in 5 adults and is highest among people of child-bearing age

Original Article

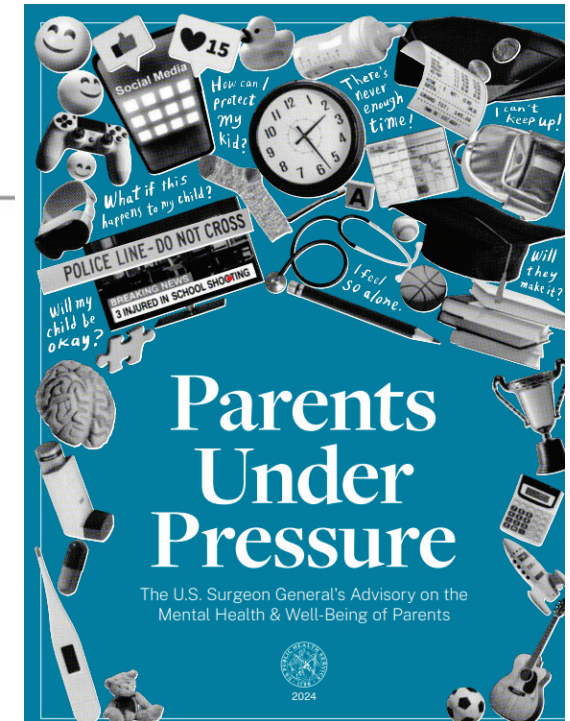
Impact of the 2020 pandemic of COVID-19 on Families with School-aged Children in the United States: Roles of Income Level and Race

Journal of Family Issues 1-22

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48% of parents say that most days their stress is completely overwhelming compared to 26% among other adults.

What are traumas for young children?

- Abuse or witnessing the abuse of a loved one
- Neglect
- Community violence
- Death of a family member, friend, or loved one
- Significant separation from an important person
- Experiences of racism, sexism, ableism, or discrimination
- Household conflict, verbal threats, physical fighting, violence
- Natural disasters (fire, tornado, flood)
- Pandemic, global crises

Trauma Symptoms in Young Children

- Easily distracted, hard to concentrate or learn
- Hard time making or keeping friends
- Hard time transitioning from one activity to another
- Big feelings, crying or screaming a lot, hitting, kicking, pushing other people
- Hurting self or others
- Upset in noisy, crowded, or busy environments
- Being more quiet, withdrawn, or sad
- Being fearful, easily startled
- Breaking things
- Hard time calming down

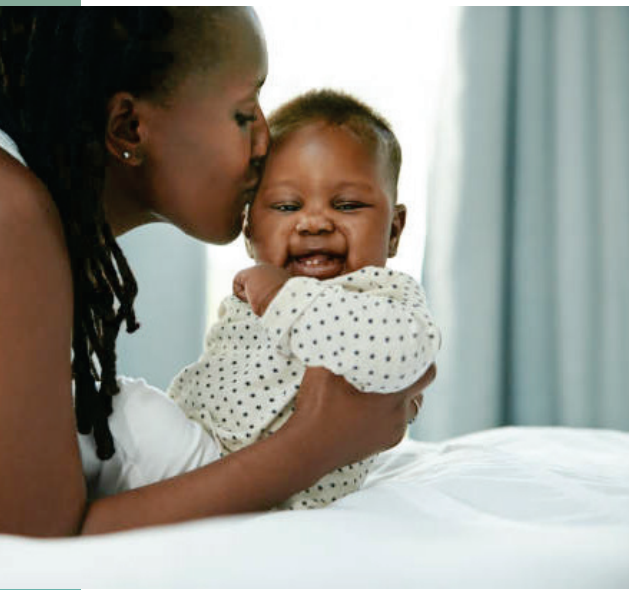
Challenging Behavior



“... if our cup is full of multiple stressors piling up, one more small stress (like being asked to clean up) might be enough to cause our cup to overflow and our behavior to be out of control.”



**The good news:
Evidence confirms
the potential for
resilience, health,
and hope!**



Responsive early
relational experiences
are protective!

Sesame street trauma video



Early Relationships Matter

Nurturing and sensitive early relationships

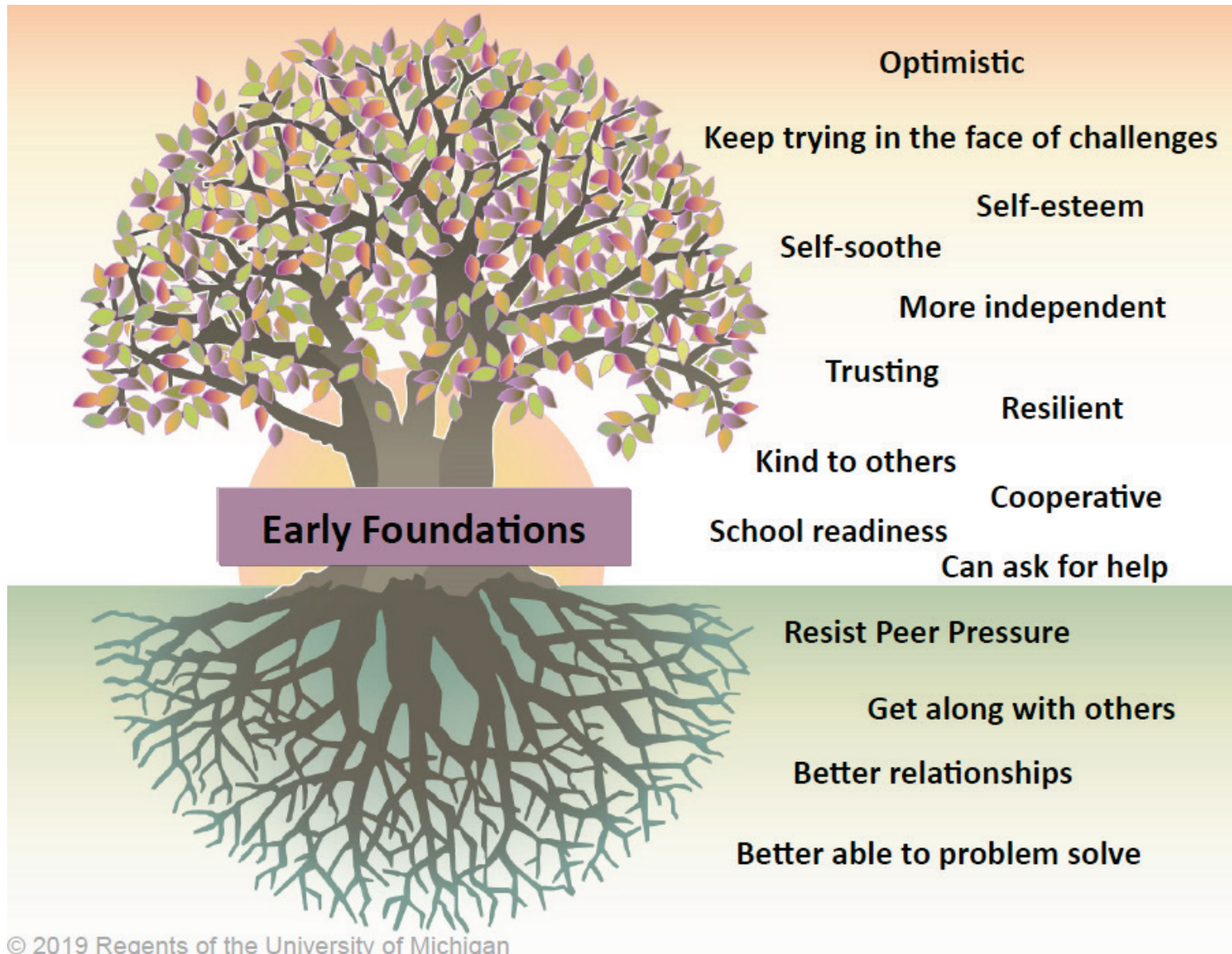
- provide a critical foundation for young children's development
- Protect us in the face of challenges
- Can be nurtured and supported
- Vary based on culture and hold unique meaning for each person, each relationship, each family





Attachment

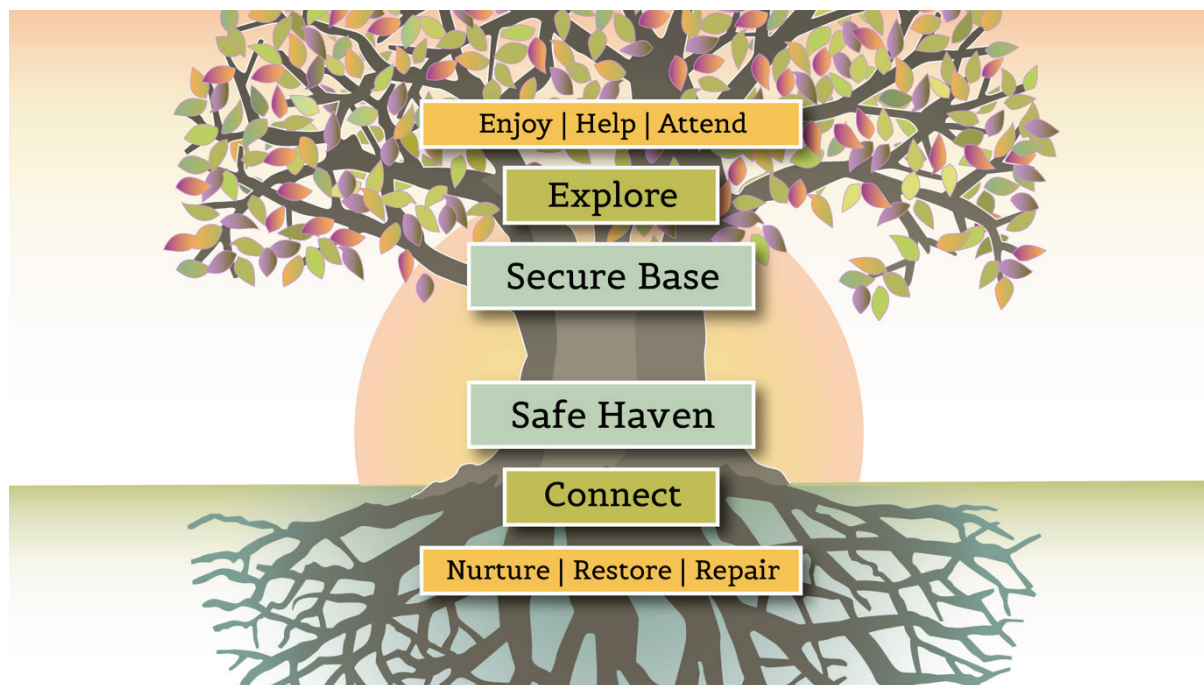
- All infants are biologically hard wired and driven to form attachment relationships. The quality of child-parent attachment looks different for each pair.
- Attachment theory believes that we are all motivated to be close to our caregivers, especially in times of distress.
- Knowing that your caregiver is “there for you” builds trust and feelings of safety, and impacts how our children feel about themselves and how they form relationships with others



Strong Roots

Early relationships lay the foundation for children's developmental success and thriving families.





The Tree



Personal Reflection

Take a moment to think about a tree that is special to you. This might be a tree from your childhood, a tree near your home, one you remember, or one you see every day.

Get comfortable, close your eyes, and take a moment to picture your tree.

