

Washington State Child Care Basic
Presented by Pillars of Excellence LLC
Outline – Module Ten

Overview Module Ten Supporting Children for Life Success

The majority of children in early learning programs experience some adverse childhood experiences. It is important for the professionals who care for them to understand the impact of trauma on development and to cultivate strategies that build children's resilience so that they are able to succeed. This module will also address compassion fatigue and emphasize the importance of caregiver self-care to reduce the impact of secondary trauma.

Student Outcomes:

- ✓ The student will be able to explain how adverse childhood experiences and toxic stress impact young children's development.
- ✓ The student will be able to describe how to build resilience in children.
- ✓ The student will be able to identify strategies for supporting children's ability to self-regulate.

Required Reading:

Child Care Center Licensing Guidebook (2nd ed., DEL 2006)

Washington State Family Home Child Care Licensing Guide {2nd ed. DEL, 2013}

FOUNDATIONAL QUALITY STANDARDS FOR EARLY LEARNING PROGRAMS, formerly: Chapter 170-300 WAC) updated 11/6/19

1. What behavior management and guidance practices must I have in place?
2. How should staff interact with children?
3. Child Guidance and Discipline

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Because discussing traumatic childhood experiences may be potentially difficult for some participants. Despite the negative effects of stress on children, most have resiliency and protective factors that will offset some of the impacts. You as caregivers can champion for those children who need the most support.

Course Outline:

1. Define Trauma and Childhood Experiences
2. Children do Not Choose
3. When Stress Becomes Toxic
4. Brain Science
5. How to Act and Respond Matters
6. Neurons that Fire Together Wire Together
7. Adverse Childhood Experiences -Original Study
8. Adverse Childhood Experiences
9. Household Challenges
10. Complex Trauma
11. How Childhood Trauma Affects Health Across a Lifetime
12. Toxic Stress
13. Predictable Pathways of Early Trauma
14. Homeless and ACE's
15. Defining Homelessness
16. Identifying Homelessness in Children
17. You Can Be Hero
18. Resources for Families
19. Ready to Learn
20. Resiliency
21. Positive Relationships
22. Self-Care Inspires Compassion
23. Developing Self-regulation
24. Self-Care Workbook
25. Regulation Emotions
26. Fit Circle

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- 27. Supporting Through Distress
- 28. Redirect
- 29. Self-regulation
- 30. Self-Calming Techniques for Children
- 31. Emotional Triggers
- 32. Creating a Sense of Safety
- 33. Addressing a Child's Trigger