

Utah Valley Trauma Sensitivity Initiative

March
2016
Listserv



Crisis Respite Nursery
Therapy
Parenting Program
Prevention Education
Adoption Respite

Ted Talk

In this Ted Talk Goldie Hawn, along with Dr. Dan Siegel, talks about *the power of mindfulness to help children focus, battle stress and control negative emotions.*



Learn more about mindfulness in Dr. Siegel's Books:

- The Whole Brain Child
- No Drama Discipline
- Parenting From the Inside Out
- Mindsight and others

mindsightinstitute.com
thehawnfoundation.org



mind·ful·ness

/'mɪn(d)f(ə)lnəs/

Paying attention
On purpose
In the present moment
Without judgment



10 Things About Childhood Trauma Every Teacher Needs to Know

1. Kids who have experienced trauma aren't trying to push your buttons.
2. Kids who have been through trauma worry about what's going to happen next.
3. Even if the situation doesn't seem that bad to you, it's how the child feels that matters.
4. Trauma isn't always associated with violence.
5. You don't need to know exactly what caused the trauma to be able to help.
6. Kids who experience trauma need to feel they're good at something and can influence the world.
7. There's a direct connection between stress and learning.

[Click here to read more at weareteachers.com](http://weareteachers.com)

Self-care

"There is a cost to caring." - Charles Figley

If you work with traumatized kids you're vulnerable to the effects of trauma. Compassion fatigue or secondary trauma is being physically, mentally, or emotionally worn out, or feeling overwhelmed by student trauma. [Click here 6 Things You Can Do About Compassion Fatigue](#) from nctsn.org

How close to burnout are you?

[Click here](#) for a free self-assessment of your professional quality of life.
[Click here](#) for a pocket card with 10 daily tips for self care.



Parenting Children Through Stress and Adversity

FREE CLASS

WHAT: Parent Class
DATE: Tues. March 15th
TIME: 6 to 7:30 pm
PLACE: 1255 N. 1200 W, Orem
Call 801.229.1181 to register

Like us on Facebook

<https://www.facebook.com/utahvalleytraumainitiative.org>

and share how you practice mindfulness with children. What works in the classroom? What works at home?

Is your child struggling?

Adversity they've experienced:

divorce illness
death
trauma addiction
injury separation
violence poverty
abuse neglect
incarceration



Behaviors they're struggling with:

robotic defiant
aggressive
falling numb meltdowns
outbursts
detention volatile
self-harm
withdrawn

FREE STRESS SENSITIVITY CLASS

Recurring every 3rd Tues. of each month

Learn the biology of toxic stress and how to identify and respond to a child's stress response/Learn how to foster social, emotional and academic development

Tues. Mar. 15th – 6:00 to 7:30 PM

1255 N 1200 W Orem, UT

Space is limited!

Contact Pam to reserve your spot or ask questions:

PAMR@utahvalleyfamilysupport.org

(801) 229-1181

