







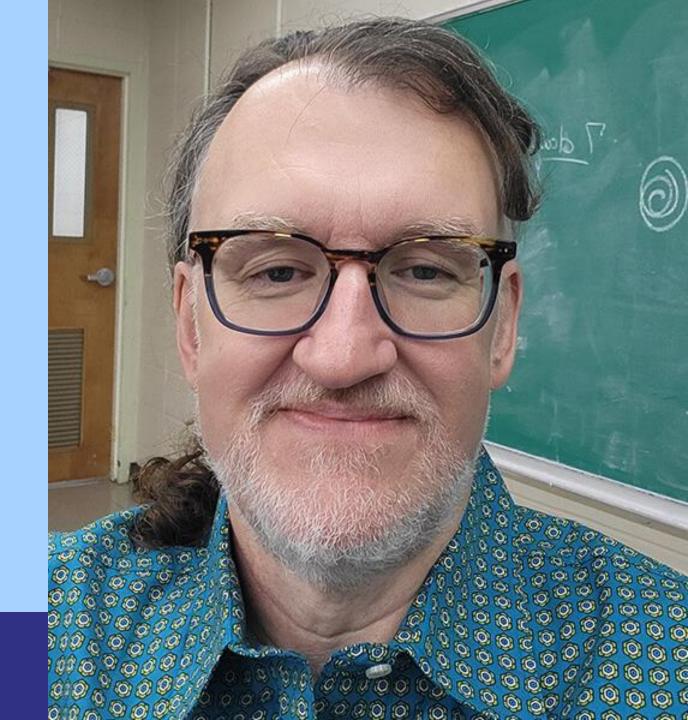


80x3: Resilient from the Start is a systems change initiative focused on ensuring every child in our state experiences trauma-sensitive care in the critical first three years of life.





John Everett Till Chief Strategy Officer The Family Partnership



EGG: Empowering Generational Greatness

The proven toolkit for building lifelong resilience and focus.

EGG Toolkit is designed to help children ages 3 to 5 develop Executive Function and Self-Regulation skills during a vital stage of brain development.

EGG was created by The Family Partnership in collaboration with leading experts in brain science, child development, and curriculum design.

EGG helps young children build focus and resilience.



Supporting The ECEC Workforce





Content Area IX:

Trauma Informed Care and Practice

The educator must understand:

- · trauma definitions, prevalence and relevant trauma concepts.
- · children's stress response systems and behaviors are impacted by trauma.
- the intersection between trauma and development: trauma can derail development and the impact
 of trauma is influenced by the child's developmental stage.
- · how relationships are both impacted by trauma and can buffer children from the impact of trauma.
- · supports for families impacted by trauma.
- . the impact of trauma and secondary trauma on early childhood educators.
- · the impact of intergenerational, historical and racial trauma on children, families and caregivers.
- · systems to support children and families who have experienced trauma.





Definitions: Trauma Informed Care

According to the National Child Traumatic Stress Network (NCTSN), trauma-informed care (TIC) is a model of care that involves recognizing and responding to the effects of traumatic stress on all parties involved.

This includes children, caregivers, providers, and others who connect at an organization.

TIC can benefit clients, their families, communities, and service organizations.



Definitions: Trauma

Events that are perceived as threatening the life/physical integrity of the child or someone important to child (and what is perceived as a threat changes with children's developmental stage)

Causing an overwhelming sense of terror, helplessness, and horror

Producing intense physical effects such as a pounding heart, rapid breathing, trembling and completely overwhelming the child's available coping strategies. [And the younger the child, the fewer coping strategies they have.]

Examples include abuse, neglect, witnessing violence, separation from an important caregiver, painful medical procedures, accidents, deep poverty, refugee experiences and race-based trauma.

Source: Minnesota's Knowledge and Competency Framework for Early Childhood Professionals: Preschool



Impact of Childhood Trauma

Cognition

- Impaired readiness to learn
- Difficulty problem-solving
- Language delays
- Problems with concentration
- Poor academic achievement

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Brain development

- Smaller brain size
- Less efficient processing
- Impaired stress response
- Changes in gene expression

Physical health

- Sleep disorders
- Eating disorders
- Poor immune system functioning
- Cardiovascular disease
- Shorter life span

Behavior

- Poor self-regulation
- Social withdrawal
- Aggression
- Poor impulse control
- Risk-taking/illegal activity
- Sexual acting out
- Adolescent pregnancy
- Drug and alcohol misuse

Impact of Childhood Trauma

Emotions

- Difficulty controlling emotions
- Trouble recognizing emotions
- Limited coping skills
- Increased sensitivity to stress
- Shame and guilt
- Excessive worry, hopelessness
- Feelings of helplessness/lack of self-efficacy

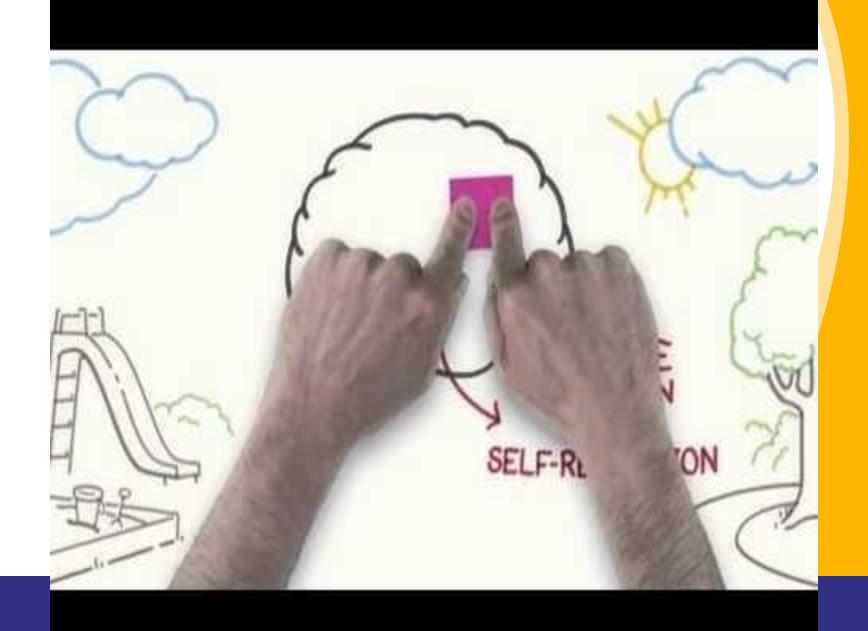
Mental health

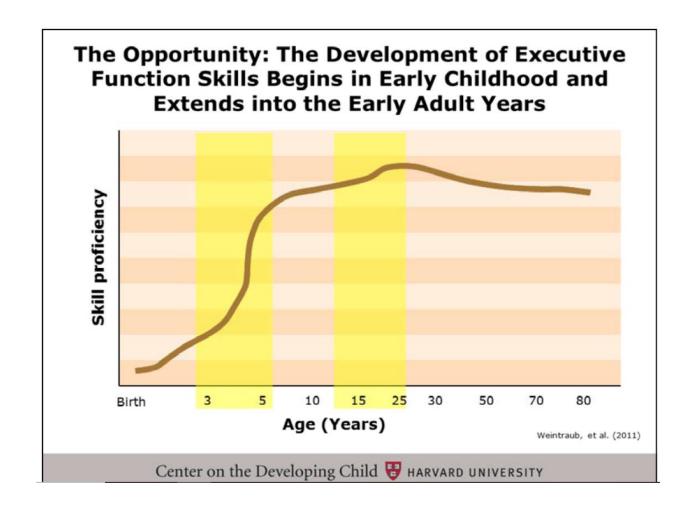
- Depression
- Anxiety
- Negative self-image/low self-esteem
- Posttraumatic Stress Disorder (PTSD)
- Suicidality

Relationships

- Attachment problems/ disorders
- Poor understanding of social interactions
- Difficulty forming relationships with peers
- Problems in romantic relationships
- Intergenerational cycles of abuse and neglect









UMBRELLA SKILLS: umbrella skills refer broadly to this area of development and may be used to refer to many diverse skills (simple and complex, emotion and cognitive, plus others not listed here) Examples include: Self-Regulation, Self-Control **COMPLEX SKILLS:** complex skills integrate multiple simpler skills, from cognitive and/or emotion domains, and may involve additional knowledge and skills (such as the ability to recognize feelings) Examples in Cognitive Domain: **Examples in Emotion Domain:** Planning, Problem Solving, Goal Setting Persistence, Grit, Emotion Regulation MULTI-COMPONENT SKILLS: EF and EC are similar but Executive Effortful distinct constructs; both are comprised of multiple Function Control sub-components (simple skills below) Attention Shifting Attention Control Working Inhibition Wait / Delay (Flexibility) Memory (Focus) SIMPLE SKILLS: simple skills are foundational processes (or sub-components) that comprise EF, EC, and more complex self-regulatory behavior; skills in blue are primarily cognitive, skills in red involve emotions, and skills in purple are used in both cognitive and emotion-related tasks



What are Executive Function Skills

Working Memory

Mental Flexibility

Inhibitory Control



Differences in how EF skills work

Cool Executive Function

- Low stakes

- No emotional or motivational context

Few consequences

No internal or external factors

Hot Executive Function

Stakes are high

Emotions are high

Motivations are high

Strong feelings

Managing frustration



Activities that promote Executive Functioning

Mindfulness Activities

Slow Deep Breathing

Muscle Relaxation

Crossing the Midline





Small Groups





Strategies to Build EF Skills

Early Childhood

- Curriculum (explicit or implicit)
- Professional Development
- Environment and Culture



Strategies to Build EF Skills

Youth and Adults

- Tools and Practices
- Coaching
- Environment and Culture
- Curriculum







Resources For You

80% of brain development happens by age 3

United Way







Thank you!

Contact us TODAY to learn how to bring more resilience and joy to your classrooms.





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