



Greater Twin Cities
UNITED WAY



Jamie Bonczyk, Sr. Program Officer, 80X3



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

9

2020

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)

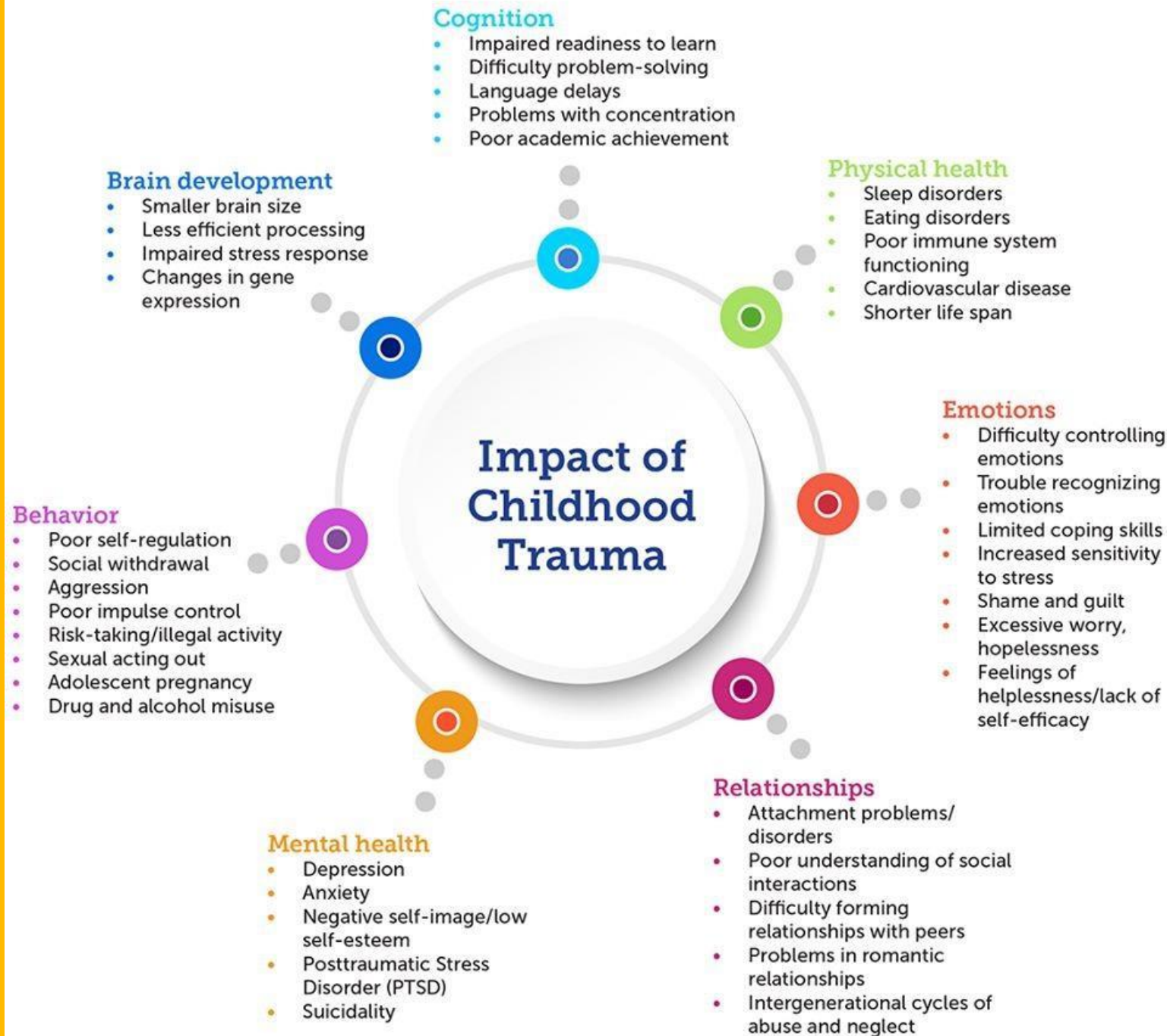
Causing an overwhelming sense of terror, helplessness, and horror

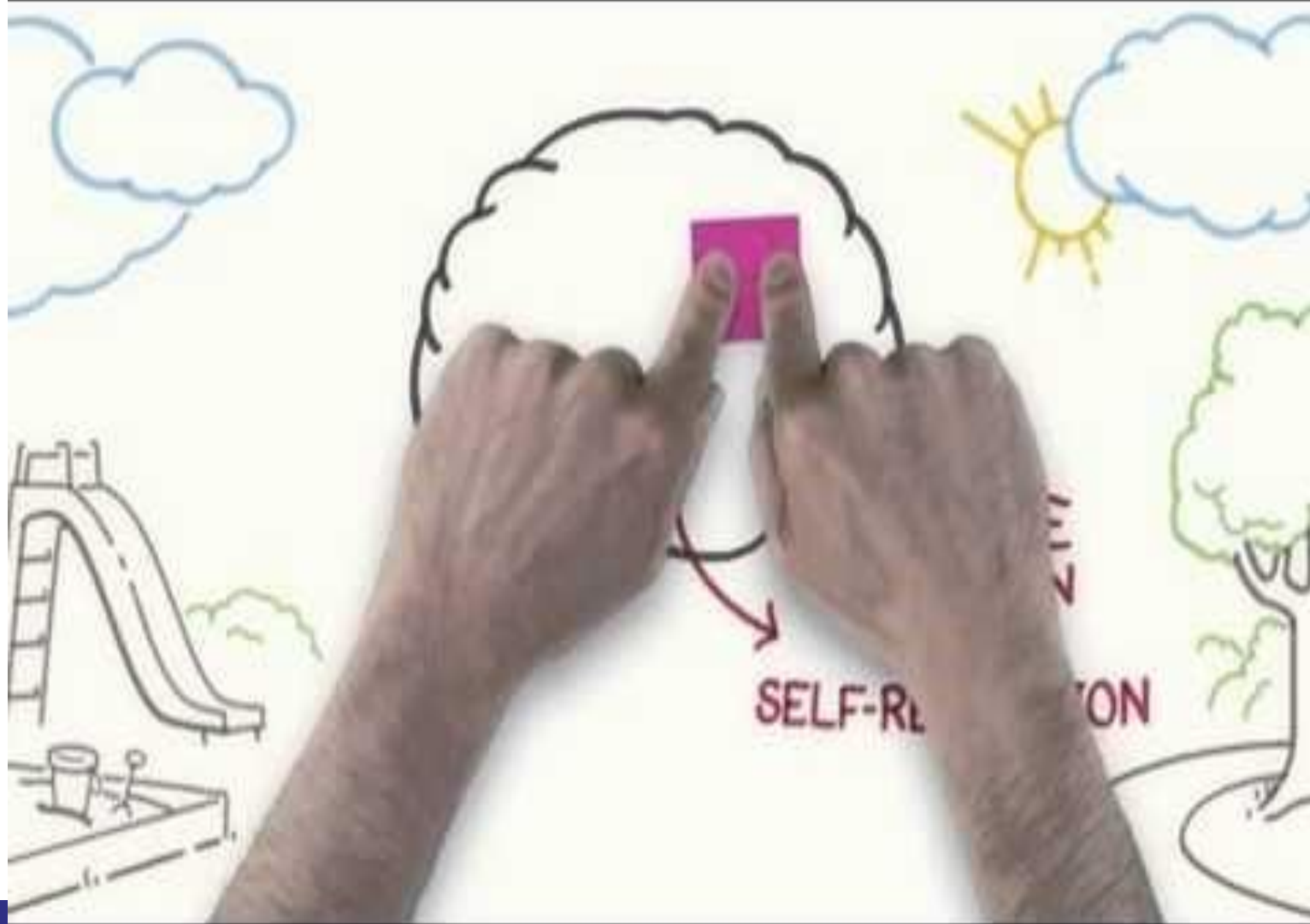
Producing intense physical effects such as a pounding heart, rapid breathing, trembling and completely overwhelming the child's available coping strategies. [And the younger the child, the fewer coping strategies they have.]

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

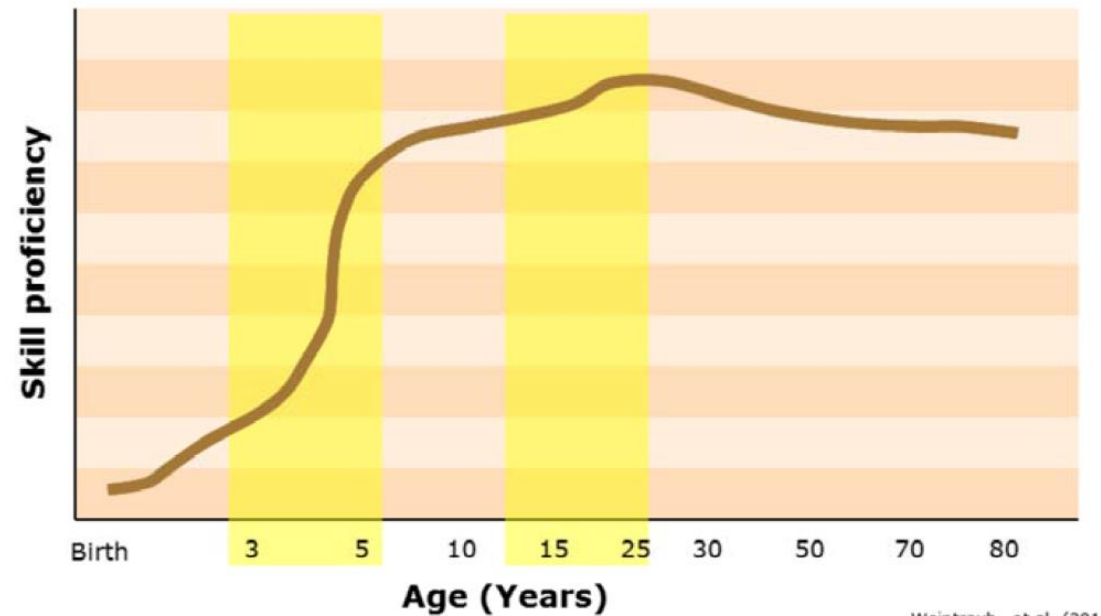
Source: Minnesota's Knowledge and Competency Framework for Early Childhood Professionals: Preschool

Impact of Childhood Trauma





The Opportunity: The Development of Executive Function Skills Begins in Early Childhood and Extends into the Early Adult Years



Weintraub, et al. (2011)


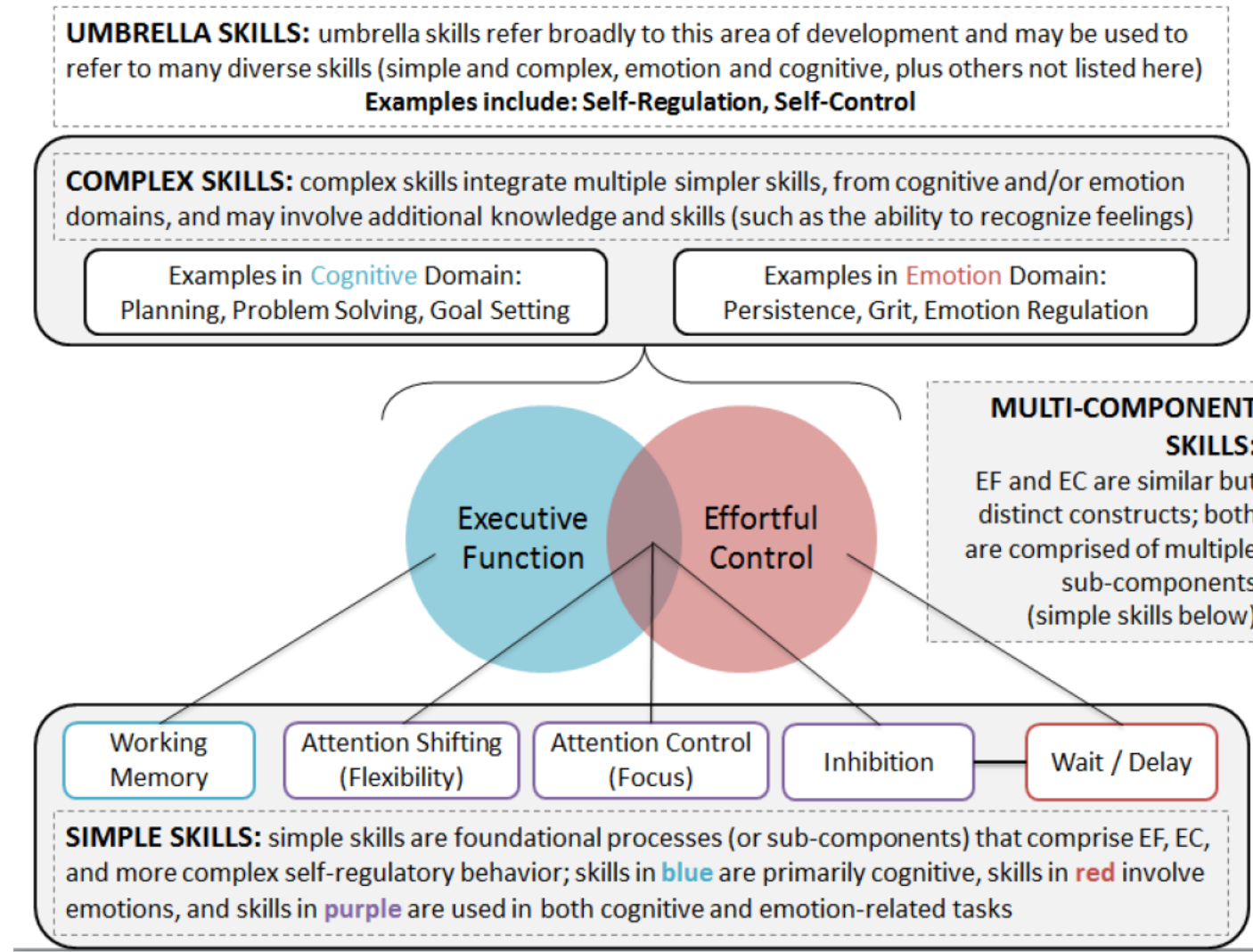
Center on the Developing Child  HARVARD UNIVERSITY

Exhibit 1. Map of EF and Regulation-Related Skills



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**

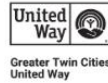
Strategies to Build EF Skills

Youth and Adults

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

Resources For You

80*3



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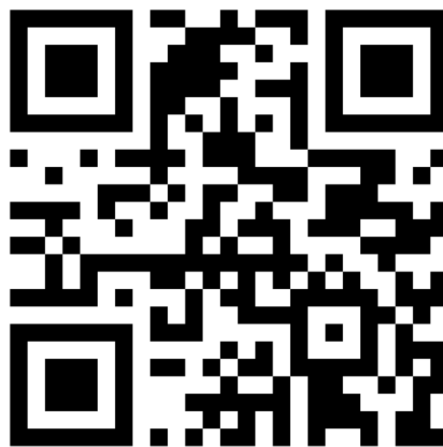
**80% of brain
development
happens by age 3**





Thank you!

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



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