

Professional Development
Package Two

Trauma Informed Practice for Educators

Early childhood educators play a central role in children's lives and create safe environments for them to learn, grow and develop. Unfortunately, some children can present in these settings carrying an overwhelming burden and history of trauma, which if not understood and managed, can further impair their capacity to learn and benefit from the learning environment.

Childhood trauma can occur when a child witnesses or experiences an overwhelming negative experience. Early childhood trauma generally means trauma between birth and the age of six. The early childhood years provide an essential window for the child's brain to grow and develop rapidly, especially in the first three years. When trauma occurs in these years, it can affect a child's development with specific disruptions in developing secure attachments, emotional regulation, behaviour presentations and impaired learning.

This trauma-informed professional development package is designed to further enhance an educators knowledge of working with children 3-5 years old who have experienced early trauma or neglect; understanding the impacts on a young child's brain and developmental delays. The focus of these modules are to provide a theoretical framework with a particular emphasis on practical strategies for educators, using relevant case examples to enhance the learning process and offer practical strategies.

Learning objectives:

- Develop a clear understanding of childhood trauma and recognise the effects on preschool children
- Learn about the developing brain
- Understand behaviours through a 'trauma lens'
- Understand the vital role of secure attachments
- Understand the core principles of trauma-sensitive practice and how to create appropriate learning environments using this framework
- Examine behavioural and developmental problems seen in children with trauma – case related examples
- Develop practical strategies to support traumatised children in the classroom
- Learn how to support families with traumatised children

How to access this program

This program is available for kindergartens with eligible School Readiness Funding.

This program can be delivered online or in person at the kindergarten, Bethany offices in Geelong/Warrnambool or other community settings.

Cost

\$195 per person plus GST

- * Minimum number for individual service sessions is six participants, Public sessions will be arranged for those with less than six participants per module.
- * This workshop is three hours long.
- * Workshop content can be modified to meet the needs of particular kindergartens/educators.

Additional information

- * Additional travel and accommodation costs if more than 40 kilometer radius of Geelong or Warrnambool.
- * Delivery of workshops outside of standard working hours may be an option – please contact to discuss.

For more information or apply for this program contact:

Bethany Community Support **Ph: 03 5278 8122**

Email us on schoolreadiness@bethany.org.au