

TeachME Professional Development

Early Education Strategies for Children Who have Experienced Trauma

What is Early Childhood Trauma?

1. Trauma exposure that begins early in life, takes multiple forms, is severe and pervasive, and involves the caregiving system is known as compound trauma.

- A. True
 - B. False
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The Impacts of Early Childhood Trauma

2. When referring to the impact on parents and families when caring for a child affected by trauma, ALL of the following are true according to the authors EXCEPT:

- A. Childhood trauma can negatively affect parenting and distress may interfere with their ability to respond sensitively
 - B. A child's trauma may be an emotional trigger for a parent who has been a victim of trauma
 - C. The moods of the parents and siblings may suffer in a major way because the daily home environment is so demanding
 - D. Parents may respond to their own needs before those of their children
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Meeting the Needs of Young Children Who Have Experienced Trauma

3. Which are ways to meet the needs of young children who have experienced trauma?

- A. Exposure to environments that promote early skills needed to succeed in school
 - B. The presence and continuity of a nurturing caregiver
 - C. Exposure to environments that promote safety and trust
 - D. All of the above
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Putting It Together: Trauma-Informed Care for Young Children

4. Which of the following is NOT true about addressing childhood trauma?

- A. Successful trauma-informed care (TIC) requires individualized and specialized efforts at each level of care
 - B. Trauma-informed care means increasing knowledge and skills among anyone who comes in contact with young children, such as bus drivers, classroom assistants, and mental health consultants
 - C. TIC requires collaboration with other community service organizations to address the needs of traumatized children proactively
 - D. Defining “trauma-informed” is challenging because of all the variations in the interpretation of its components
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Promising Strategies for Meeting the Needs of Young Children Exposed to Trauma

5. Help Me Grow (HMG) promotes early identification of and supports for children at risk for developmental problems and child abuse.

- A. True
 - B. False
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6. Early childhood mental health consultation (IECMHC) is a multi-level _____ intervention in which mental health professionals work with early care and education (ECE) professionals, programs, and families to improve children’s social, emotional, and behavioral health and development.

- A. Subjective
 - B. Preventive
 - C. Didactic
 - D. Intuitive
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Recommendations

7. When referring to strengthening the ECE workforce by increasing professionals’ capacity to provide trauma-informed care, which is true?

- A. There is an abundant amount of research evidence for specific models in ECE programs that benefit children who experience trauma
- B. States should promote these strategies through competency standards and training and ensure that state professional development plans include trauma-informed care (TIC)

C. Investing in early childhood mental health consultation (IECMHC) has shown to prevent elementary school expulsions

D. States should promote strategies for reducing teacher stress through incentive programs and improvement of working conditions

8. Experts recommend investing in initiatives that help early care and education programs connect families with children who have experienced trauma to community mentors and crisis coaches.

A. True

B. False

9. Children who have experienced trauma show more socio-emotional growth when ECE programs meet high quality standards. An example of a high quality program mentioned in the article is:

A. PTSD Program for Early Learners

B. Community Connection for Child Care

C. Head Start Programs

D. Paths to Quality

10. Recent federal guidance directs states to establish prevention strategies that help ECE professionals address challenging behavior, while eliminating preschool suspension and expulsion, as the need for such policies is critical for children who have experienced trauma.

A. True

B. False

Appendix A: Promising Strategies for Trauma-Informed Care in Early Care and Education

11. Trauma Smart is a manualized curriculum designed to promote psychosocial and academic progress in children age 3-5 years who have been referred from child services and/or are at high risk for school difficulties.

A. True

B. False

12. What is one of the core components of Help Me Grow (HMG)?

A. Social workers provide resources, such as Child-Parent Psychotherapy (CPP) and

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

- B. HMG provides community outreach to connect families to services and to maintain an up-to-date directory of providers**
 - C. It incorporates therapeutic classroom services, home visiting, parenting education, respite child care and parent support groups**
 - D. It helps to build the capacity of teachers and childcare providers to promote the social-emotional development of all children**
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Child Trends 5/Information That Counts

13. According to the authors, when referring to childhood trauma, ALL of the following are true statements EXCEPT:

- A. Each child reacts to trauma differently**
 - B. Trauma-informed care (TIC) promotes adults' capacity to identify childhood trauma and to make appropriate referrals for screening, assessment, and evidence-based treatment**
 - C. Parents, service providers, and other caregivers trained in TIC learn strategies such as helping children cope with triggers and maintaining predictable routines**
 - D. Youth who experience trauma are overrepresented in the adult justice system**
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14. Trauma-Focused Cognitive Behavioral Therapy helps children create a trauma narrative, which allows parents, service providers, and other caregivers to provide appropriate support through a shared understanding of the child's unique experience with trauma.

- A. True**
 - B. False**
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15. What is true about parents and other caregivers who have a history of trauma themselves?

- A. Up to one-half of parents abused or neglected as children mistreat their own children**
 - B. Self-care, light therapy, and psycho-education are techniques to help people cope with their own responses to trauma**
 - C. Service providers with a history of trauma may become either distanced or overly involved with children and families and experience burnout**
 - D. All of the above**
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