

Stress and Trauma

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Community Advisory Committee
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The effect on a child's brain and
what parents can do.

When to Use I Love You Rituals



- Relationship and trust building moments.
- Routines and transitions:
 - Greetings and good-byes
 - Diapering and toileting
 - From active to quiet times
 - Rest time

A Wonderful Woman Who Lived in a Shoe

A wonderful woman lived in a shoe.

She had so many children,
She knew exactly what to do.

She held them,
She rocked them,
And tucked them in bed.

“I love you, I love you”
Is what she said.

Twinkle Twinkle Little Star

Twinkle, twinkle little star,
What a wonderful child you are.
With bright eyes and nice round cheeks.
A talented person from head to feet.

Twinkle, twinkle little star,
What a wonderful child you are.

Georgie Porgie

Georgie Porgie puddin' and pie,
Gave his friend a big high five.
With his friend he loved to play.
A gift of a smile he gave each day!

Margie Porgie puddin' and pie,
Gave her friend a big high five.
With her friend she loved to play.
A gift of a handshake she gave each day!

Round and Round the Garden

Round and round the garden,

Goes the teddy bear.

One step, two step,

Tickle under there.

(repeat)

Here is the Bunny

Here is the bunny with the ears so funny.

Here is the hole in the ground.

When a noise she hears,

She picks up her ears,

And jumps in the hole in the ground.

Row, Row, Row your Boat

Row, row, row your boat,
Gently down the stream.
Merrily, merrily, merrily,
Life is but a dream.

Rock, rock, rock your boat,
In the stormy sea.
Don't be frightened, don't be scared,
You are safe with me.

Tucker Turtle

You've got to tuck, tuck, tuck
You've got to give yourself a hug,
Just take a deep breath, (repeat 3 times)
You won't feel so bad.

You've got to tuck, tuck, tuck
You've got to give yourself a hug,
And soon you'll feel better,
And you won't be mad (sad).

Tips on the Turtle Technique

- Model remaining calm
- Teach the child the steps of how to control feelings and calm down. ("think like a turtle")

-Step 1: Recognize your feeling(s)

-Step 2: Think "stop"

-Step 3: Tuck inside your "shell" and take 3 deep breaths

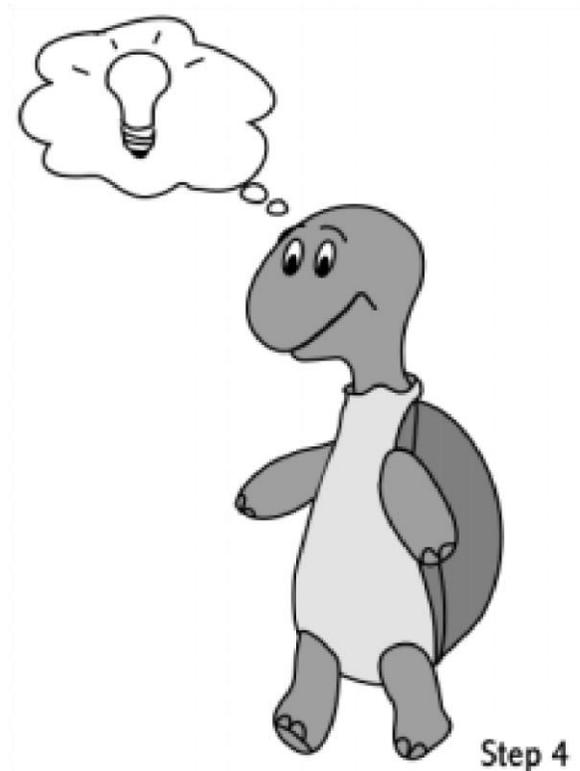
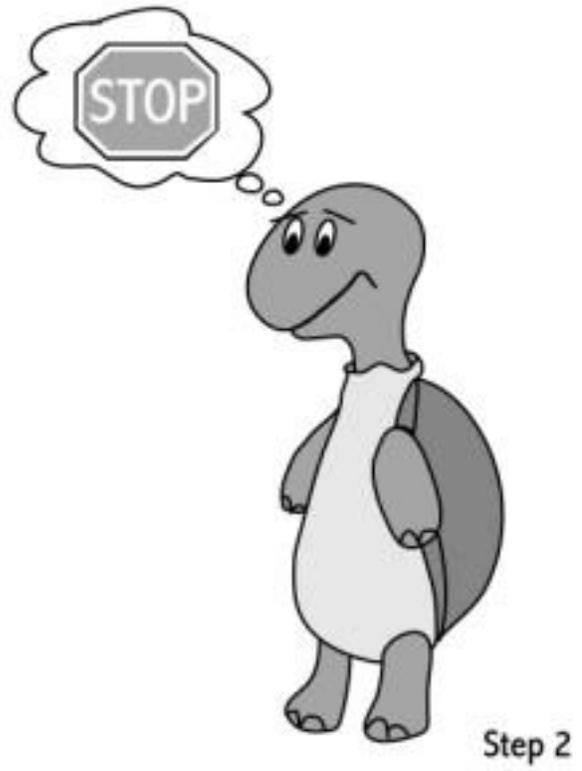
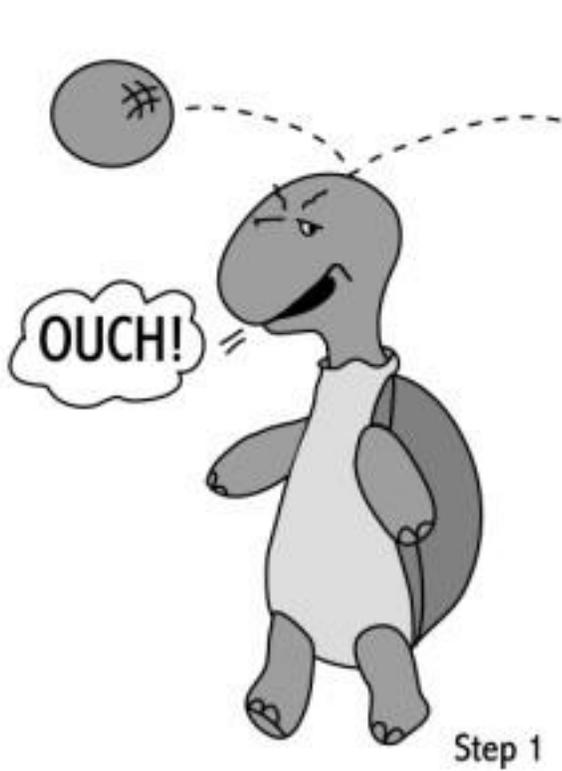
-Step 4: Come out when calm and think of a "solution"

- Practice steps frequently (see cue cards)
- Prepare for and help the child handle possible disappointment or change and "to think of a solution" (see list)
- Recognize and comment when the child stays calm
- Involve families: teach the "Turtle Technique"

Tucker Turtle resources at the Center for Social and Emotional Foundations for Early Learning (<http://csefel.vanderbilt.edu/>). On the left go to group resources for teacher/caregivers. Click the free resources for Teaching Emotional Skills.

- Tucker Turtle Takes Time to Tuck and Think (Social story)
- Turtle Technique Cue Cards
- Solution Cue Cards
- Parent Handouts & Resources
- Teacher resources for behavior
- Book lists using books for social emotional development

The Turtle Technique





The Popcorn's in the Popper

Sit in a circle or on the edge of a carpet. Select 3 children to crouch down and cover their heads in the middle pretending they are corn in a pan. Children echo the words to the song.

Teacher: First pour in the oil. (Pretend to pour oil)

Children: Pour in the oil.

Teacher: Sprinkle in the popcorn. (Motion for sprinkling corn)

Children: Sprinkle in the popcorn.

Teacher: Cover up the pan. (Extend & pretend to cover pot)

Children: Cover up the pan.

Teacher: Turn up the heat! (Pretend to turn knob on stove)

Children: Turn up the heat!

Teacher & Children:

Sizzle, sizzle, sizzle, sizzle, (repeat 3X & rub hands together)

POP! (Clap)

Children in the middle jump up at POP and pretend they are popcorn by jumping up and down as class continues to sing.

Teacher & Children sing & clap:

The popcorn's in the popper, let it pop, pop, pop (repeat 4X)

POP! POP! POP! POP! Now it's time to stop.

This proprioceptive & vestibular activity helps with self-regulation and delayed gratification and helps children to focus and concentrate for quieter activities.

Heavy Work Activities for Kids

<http://www.andnextcomesL.com>

INDOOR CHORES

- Pull laundry out of the washer &/or dryer
- Carry large bottles, boxes, etc. & sort recycling
- Carry groceries &/or shopping bags
- Load or unload the dishwasher
- Staple paper together
- Use a paper punch or hole punch to make confetti out of paper
- Rip paper or cardboard
- Push a shopping cart
- Vacuum
- Sweep or mop the floor
- Return library books
- Push, drag, or move furniture

OUTDOOR CHORES

- Shovel snow
- Rake the leaves
- Gather firewood
- Mow the grass
- Move garbage &/or recycling bins to the curb
- Push, move, or carry large rocks
- Push a wheelbarrow

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PLAY TIME ACTIVITIES

- Climb a tree
- Push someone on a swing
- Play on a teeter totter or seesaw
- Build a fort
- Obstacle course
- Animal walks
- Pillow fight
- Pull a wagon or sled filled with objects or with a person in it
- Play catch with bean bags
- Play catch with a large ball
- Climb up a slide
- Monkey bars
- Climb at the playground
- Hang &/or swing on a bar at the park
- Crawl backwards using hands
- Carry bean bags
- Climb a chair or couch
- Carry a pile of books
- Push a bobo doll or punching bag
- Play statue
- Carry a bucket of water or sand
- Play tug of war
- Wheelbarrow walking
- Resistance cycling
- Push a door
- Army crawl
- Hand pushing game
- Dig in the dirt, garden, or sandbox
- Do pushups
- Squish, knead, and play with play dough or silly putty
- Ride a scooter board on your tummy and use hands to move