



Helping Them Heal: How Teachers Can Support Young Children Who Experience Stress and Trauma

Karen L. Peterson PhD

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From family instability and poverty to rapid social and technological changes, children endure more stressors than ever before. A young child's brain is uniquely sensitive to the effects of stress and trauma, which can have detrimental, long-term developmental impact. *Helping Them Heal* explains how trauma affects the developing brain, how those changes can manifest in the classroom, and what teachers, and caregivers can do to help a stressed, abused, or neglected child. *Helping them Heal* provides early childhood educators with answers, ideas, and specific classroom strategies to move trauma-affected children in positive directions. Early childhood educators will learn ways to help children build resilience, self-regulation, and self-competence using this sensitive, supportive, and practical guide.

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