

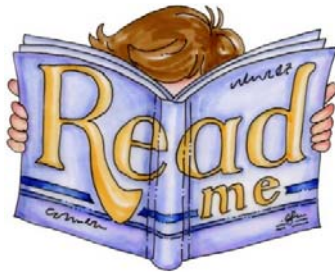
Parent Handouts & Child-Friendly Resources










Suggested Children's Books & Videos: Trauma, & Resilience



Please note: These are not commercial endorsements of any specific products. This is a partial list of children's books and videos that have been recommended by child psychologists and pediatricians experienced in working with traumatized children.

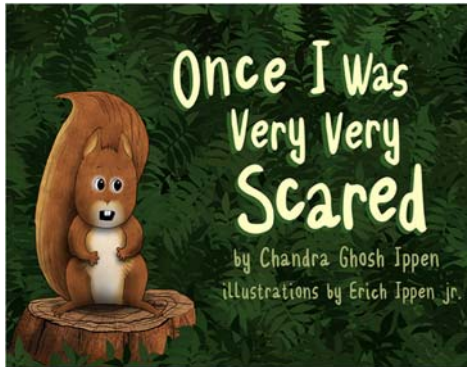
Children's Books on Feelings, Anger, and Anxiety:



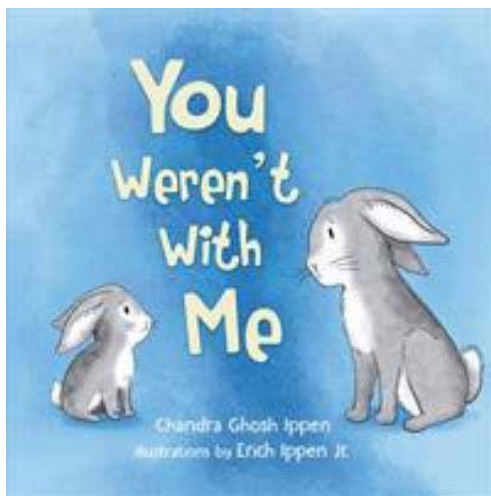
-  *The Angry Octopus/El Pulpo Enojado* (Lori Lite)- Mindfulness and feelings
-  *How Are You Peeling/Vegetal Como Eres* (Saxton Freyman)- Feelings and developing an emotional vocabulary
-  *The Kissing Hand/Un Beso el La Mano* (Audrey Penn)- Separation anxiety
-  *Invisible String* (Patrice Karst)- Separations, attachment and connections
-  *Moody Cow Meditates* (Kerry Lee MacLean)- Anger and mindfulness
-  *Huge Bag of Worries* (Virginia Ironside)- anxiety
-  *Breathe Like a Bear* (Kira Willey)- mindfulness exercises for children

Children's Books on Trauma:

-  *A Terrible Thing Happened* (Margaret Holmes)
-  *Once I Was Very Very Scared/Una Vez Tuve Mucho Mucho Miedo* (Chandra Ghosh-Ippen) - Fear and trauma with a focus on understanding common responses to trauma and things that help.



- ✚ The [*Trinka and Sam*](#) Story Series (Chandra Ghosh-Ippen) a free disaster series with versions for COVID, earthquakes, fires, tornadoes, and hurricanes (just google Trinka and Sam to find them). Developed with the National Child Traumatic Stress Network.
- ✚ [*You Weren't With Me/Cuando No Estabas Conmigo*](#) - (Chandra Ghosh-Ippen) - Separations (for multiple reasons including work, divorce, immigration-related separations, foster care, military-related separations).







- ✚ [*Holdin Pott*](#) - (Chandra Ghosh-Ippen) - Emotion regulation with a focus on both generations and way caregivers can support children:
- ✚ [*Mama's Waves*](#) - (Chandra Ghosh-Ippen) - Caregiver substance use, caregiver mental health challenges, foster care.

Videos:





Sesame Street:

-  [Elmo Belly Breathe Video](#):
-  [Count, Breathe, Relax Video](#)
-  [Care, Cope, Connect Handout](#) (designed for natural disasters, but good general stress/coping advice)
-  [Little Children, Big Challenges](#) (Divorce)

For more Sesame Street resources, see:

<https://sesamestreetincommunities.org/topics/traumatic-experiences/>

Other Videos:

-  ["Just Breathe"](#) by Julie Bayer Salzman & Josh Salzman (Wavecrest Films) | Mindful Schools: Children explain about emotions, mindfulness, and deep breathing. For children and their parents.
-  ["Being With and Shark Music"](#) | Circle of Security International: Explores the importance of being emotionally present ("being-with") for children, and parent experiences/histories that can get in the way. Targeted to parents.

Adverse Childhood Experiences

Understanding ACEs

ACEs (**Adverse Childhood Experiences**) are serious childhood traumas that can result in toxic stress. Prolonged exposure to ACEs can create toxic stress, which can damage the developing brain and body of children and affect overall health. Toxic stress may prevent a child from learning or playing in a healthy way with other children, and can cause long-term health problems.

Low tolerance for stress, which can result in behaviors such as fighting, checking out or defiance.

Increases difficulty in making friends and maintaining relationships.

Increases stress hormones which affect the body's ability to fight infection.

May cause lasting health problems.

Increases problems with learning and memory.

*I can't hear you!
I can't respond to you!
I am just trying to be safe!*

Reduces the ability to respond, learn, or figure things out, which can result in problems in school.

Exposure to childhood ACEs can increase the risk of:

- Adolescent pregnancy
- Alcohol and drug abuse
- Asthma
- Depression
- Heart disease
- Intimate partner violence
- Liver disease
- Sexually-transmitted disease
- Smoking
- Suicide

ACEs (Adverse Childhood Experiences) can include:

- Abuse: Emotional/physical/sexual
- Bullying/violence of/by another child, sibling, or adult
- Homelessness
- Household: Substance abuse/mental illness/domestic violence/incarceration/parental abandonment, divorce, loss
- Involvement in child welfare system
- Medical trauma
- Natural disasters and war
- Neglect: Emotional/physical
- Racism, sexism, or any other form of discrimination
- Violence in community

! SURVIVAL MODE RESPONSE

Toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked off-line. Self-protection is their priority.



Help children identify, express and manage emotions.



Create safe physical and emotional environments (home, school, community, systems).



Understand, prevent and respond to ACEs.



"Children with ACEs find 'resilience' because an adult provides a safe environment — in which they feel known, validated."

Donna Jackson Nakazawa

Author of *Childhood Disrupted: How Your Biography Becomes Your Biology & How You Can Heal*

What is resilience?

Research shows that if caregivers provide a safe environment for children and teach them how to be resilient, that helps reduce the effects of ACEs.

What does resilience look like?

Having resilient parents and caregivers who know how to solve problems, have healthy relationships with other adults, and build healthy relationships with children.

Building attachment and nurturing relationships:

Adults who listen and respond patiently to a child in a supportive way, and pay attention to a child's physical and emotional needs.

Building social connections.

Having family, friends, neighbors, community members who support, help and listen to children.



Meeting basic needs:

Provide children with safe housing, nutritious food, appropriate clothing, and access to health care and good education, when possible. Make sure children get enough sleep, rest, and play.





Learning about parenting, caregiving and how children grow:

Understand how caregivers can help children grow in a healthy way, and what to expect from children as they grow.

Building social and emotional skills:

Help children interact in a healthy way with others, manage emotions, communicate their feelings and needs, and rebound after loss and pain.

Resources:

-  [ACEs Too High](#)
-  [ACEs Connection](#)
-  [Resource Center](#)
-  [Parenting with ACEs](#)

Parenting to prevent and heal ACEs

(Adverse Childhood Experiences)



Donna Jackson Nakazawa, *Childhood Disrupted: How Your Biography Becomes Your Biology & How You Can Heal*

“The main point is this: No matter how old you are – or how old your child may be, there are scientifically supported and relatively simple steps that you can take to reboot the brain, create new pathways that promote healing, and come back to who it is you were meant to be.”

NURTURE & PROTECT KIDS AS MUCH AS POSSIBLE



Be a source of safety and support.

MOVE AND PLAY

Drum. Stretch. Throw a ball. Dance. Move inside or outside for fun, togetherness and to ease stress.

MAKE EYE CONTACT

Look at kids (babies, too). It says, “I see you. I value you. You matter. You’re not alone.”

SAY, “SORRY”

We all lose our patience and make mistakes. Acknowledge it, apologize, and repair relationships. It’s up to us to show kids we’re responsible for our moods and mistakes.



GIVE 20-SECOND HUGS

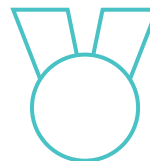
There’s a reason we hug when things are hard. Safe touch is healing. Longer hugs are most helpful.



SLOW DOWN OR STOP

Rest. Take breaks. Take a walk or a few moments to reset or relax.

HUNT FOR THE GOOD



When there’s pain or trauma, we look for danger. We can practice looking for joy and good stuff, too.

BE THERE FOR KIDS

It’s hard to see our kids in pain. We can feel helpless. Simply being present with our kids is doing something. It shows them we are in their corner.

HELP KIDS TO EXPRESS MAD, SAD & HARD FEELINGS

Hard stuff happens. But helping kids find ways to share, talk, and process helps. Our kids learn from us.



KEEP LEARNING

Understand how ACEs impact you and your parenting.

More tips & resources for parents on back.

Support for parents with ACEs

"The best thing we can do for the children we care for is to manage our own stuff. Adults who've resolved their own trauma help kids feel safe." —Donna Jackson Nakazawa



"Learning about ACEs is a start but sometimes we need more. Many people with ACEs have never had their pain validated. Understanding that there exists a biological connection between what they experienced in childhood, and the physical and mental health issues they face now, can help set them on a healing path, where they begin to find new ways to take care of themselves, and begin new healing modalities."

—Donna Jackson Nakazawa

Understanding Stress and Helping Children Recover



After a big stress like a wildfire, it is normal for children to experience behavioral, emotional, or adjustment reactions. These responses can range from mild symptoms that get better on their own to long-lasting difficulties that may benefit from additional support. Here is a list of common symptoms of stress and suggestions on how to help. If you feel your child might need support from our counselors, please let us know.

Infants and Toddlers (0-3 years-old)

Common Symptoms

- Fear, crying, startling to sounds and movement
- Sleep challenges, tantrums, feeding challenges
- Toileting changes (accidents, refusal)

How to Help

- Love, calming affection, provide structure and routines
- Singing, rocking, expressions of love and safety
- Calm Yourself and do Self Care
- Playtime, love - special blankets, stuffed animals, pacifiers

Preschoolers and School Aged Children (4-10 years old)

Common Symptoms

- Fear about present and future safety
- Tantrums, being on edge, difficulty sleeping or being alone
- Baby talk, bedwetting or accidents
- Fear of separating from family, of going to school

How to Help

- Reassurance of Safety, repeat this often
- Expressions of love and affection in calming ways
- Calm Yourself
- Maintain routines and structures of mealtimes, nap times, bedtimes
- Avoid adult discussions of fire, tv images
- Support recovery efforts in community - thanking firefighters, helping others in need with food, clothing, shelter

Older School Aged Children and Teens (11-18 years old)

Common Symptoms

- Grief, loss, fearfulness, anger, mood swings
- Irritability, sleep issues, nightmares, paying attention issues, acting out behaviors
- Loss of appetite, use of substances to cope with anxiety (nicotine, alcohol, others)

How to Help

- Calm Yourself
- Open discussion of losses, feelings, and fears
- Maintaining routines and school attendance, homework discipline
- Reassurances of safety and caring
- Participation in community recovery - helping others



GRANTEE



Contact Us



UCSF Benioff Children's Hospitals:
Child & Adolescent Psychiatry Portal
capp@ucsf.edu

Follow ACES Aware on Social Media
[@ACESAware](#)

