



# FIRST *ece* TRAUMA-INFORMED CLASSROOM PRACTICES

# CERTIFICATE PROGRAM

*Equipping teachers and improving outcomes for children.*

## CHILDREN WHO HAVE EXPERIENCED TRAUMA NEED EXTRA SUPPORT IN THE CLASSROOM

Because stress can interfere with brain development and learning, young children who have experienced trauma often have difficulty regulating emotions and behavior, trusting adults, and feeling safe in a classroom. They are more likely to experience challenges with



Focus



Behavior



Relationships

## CERTIFICATE PROGRAM OVERVIEW

The FIRST:ECE Trauma-Informed Classroom Practices Certificate Program is a 21-hour, six-session professional learning experience that equips early childhood educators to support children impacted by trauma.

The program provides a foundation in childhood trauma as well as key strategies (the 5 S's) that teach educators to reduce stress and support resilience by increasing predictability, safety, and access to nurturing relationships.

**METHOD:** The program uses adult learning best practices through in-person training and coaching featuring active learning, reflection, reinforcement, and feedback.

## CERTIFICATE PROGRAM CONTENT



Foundations of Trauma-Informed Practice

Understanding childhood trauma, the impact on brain, body and behavior, and the role of educators in building resilience



Supportive Relationships

Building consistent, nurturing relationships through rituals, routines, and consistent responsive interactions



Safety

Creating predictable, structured environments and using adult composure to increase children's sense of safety



Self-Regulation Skill Building

Teaching emotion regulation with emotional awareness and calm-down strategies such as diaphragmatic breathing and movement



Social Skill Building

Using everyday situations and conflicts to teach children communication, problem-solving, and safe adult and peer interaction



Self-Care for Educators

Preventing burnout and secondary traumatic stress through awareness, balance, and connection strategies

## THE CERTIFICATE PROGRAM EQUIPS TEACHERS

In a peer reviewed study and multiple evaluations, teachers who completed the program demonstrated:



Increased Trauma Knowledge



Increased Use of Trauma-Informed Practices



Improved Classroom Climate



Improved Educator Wellbeing

### PARTNER WITH US

You can join this important work and help expand trauma-informed practices to more classrooms. To learn more, email:

[FIRSTece@uams.edu](mailto:FIRSTece@uams.edu)