



Trauma-Responsive Care: A Framework for Strengthening Resilience in Infants and Toddlers

Annual South Carolina Program for Infant/Toddler Care (PITC) Advanced Training for PITC-Trained Trainers

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Suggested Use: This resource may be used to take notes on how this information relates to your work with infants, toddlers, their families, and caregivers, and to engage in the activities during this session.

Training Notes



Activities and Reflections

Introduction to Padlet

- ◆ Reflect and share:
Dreaming big for babies and toddlers— what wish would I grant them?

What Comes to Mind...

- ◆ Resilience
- ◆ Trauma
- ◆ Stress
- ◆ Responsive care

Trauma-Related Terms

- ◆ A trauma-related term that I would like to investigate further is:

Question and Reflection

- ◆ A new infant/toddler trauma-responsive care practice that I can share with infant/toddler caregivers is:

Major Take-Home Messages

- ◆ Trauma is an experience in which factors overwhelm a baby or toddler's capacity to regulate emotions.
- ◆ While adverse experiences are common in early childhood, the factors that serve to protect children against trauma and promote resilience are also ordinary.



- ◆ Traumatic experiences affect the family and broader caregiving system.
- ◆ Protective and promotive factors can reduce the adverse impact of trauma.
- ◆ The single most common factor among children who do well and become resilient—despite early adversity—is the presence of at least one supportive, responsive adult in their life.
- ◆ Trauma-responsive infant and toddler care is an effective healing-centered practice and protective factor that fosters early childhood resilience.

Final Reflections

- ◆ Something I heard today that takes my thoughts or planning in a new direction is:

- ◆ The questions I still have are:

- ◆ The resources and supports I still need are:

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