





# Trauma and Early Childhood Development

## PART II

November 10, 2020  
Talks on Tuesdays Webinar

Presented by  
Andrea Muffly MS, OTR/L

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## TODAY'S PRESENTER

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**Andrea Muffly, MS, OTR/L**

Adjunct Faculty, South University

Helping Hands Therapy Services

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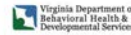
# RECAP

## Trauma and Early Childhood Development PART I

October 6, 2020  
Talks on Tuesdays Webinar



Presented by  
Andrea Muffly MS, OTR/L



- Trauma and the Brain
- ACEs
- Types of Stress
- Self-Regulation

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## TODAY'S AGENDA

- Trauma and Wellness
- Being Trauma-Informed Care Providers
- Strategies to Reduce Stress for Families and Ourselves

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# Trauma + Wellness

*Let's chat.*

How have the families you serve  
been impacted by COVID-19?

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A photograph of a man and a young girl with curly hair looking at yellow flowers. The man is holding a magnifying glass over the flowers. The background is a blurred outdoor setting with green foliage.

How confident do you feel addressing health and wellness?

*Answer the poll.*

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**“**

*Wellness is an active process through which people have become aware of, and make choices toward, a more successful existence.*

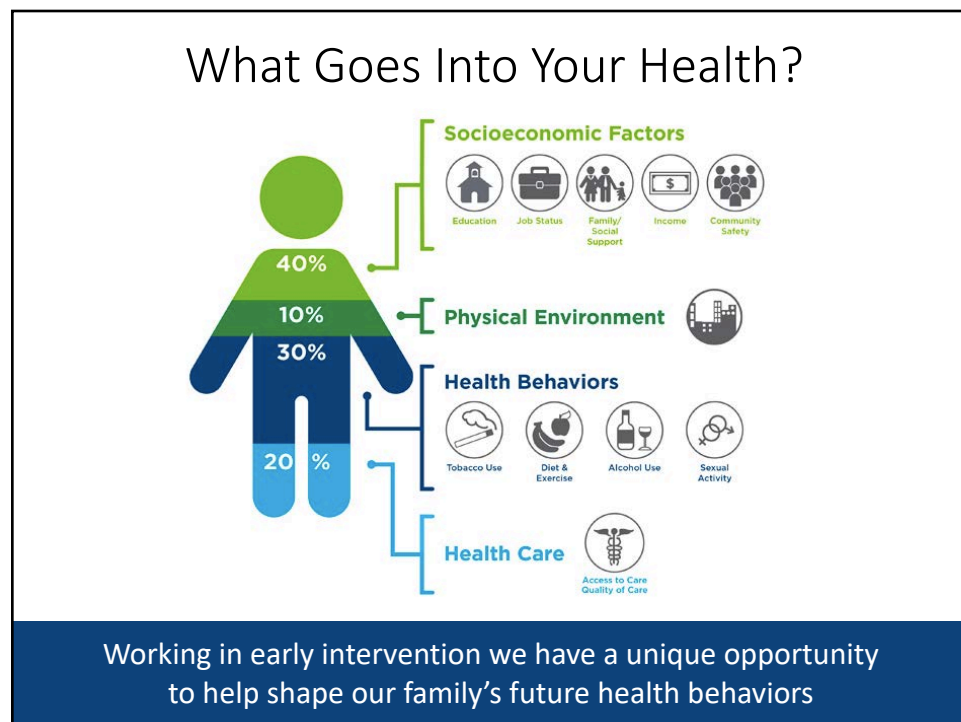
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## Becoming Trauma-informed Care Providers

- **We** can change the outcome
- **We** can bring awareness
- **We** can support our families
- **We** can do this



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*"When you know better, you do better."*



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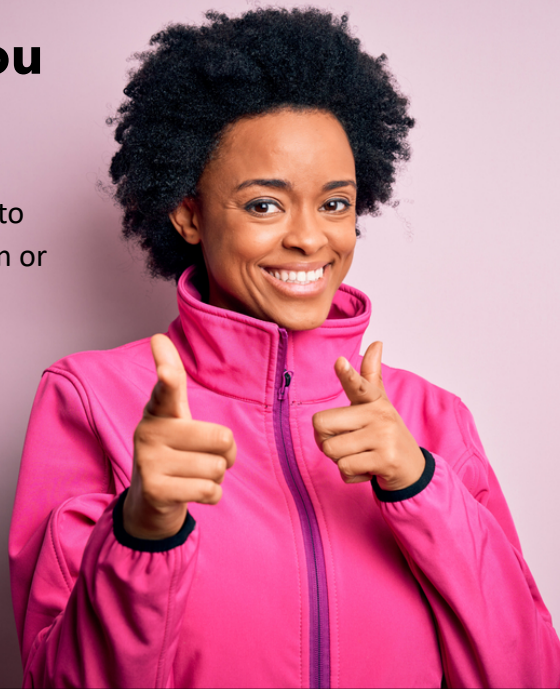
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## **"How you doin?"**

What is your go-to check-in question or statement with families?

*Let's chat.*



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## **What feels most important right now?**

What questions could we ask to find out the Miller family's top priority?

*Let's chat.*



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## Support Responsive Relationships

- Responsive “serve and return” relationships in early life are the most critical factor for early brain development
- Build a relationship with your families.
  - Take interest in what is going on in their life
  - Know what they value and prioritize
  - See how your therapy goals align with the family's values
  - Open the door for the client's family to ask you questions



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Lift up the “highs”

*How would you lift up the Miller Family's “highs?”*

*Let's chat.*

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We are **NOT** the solution,  
we are a piece of the puzzle.



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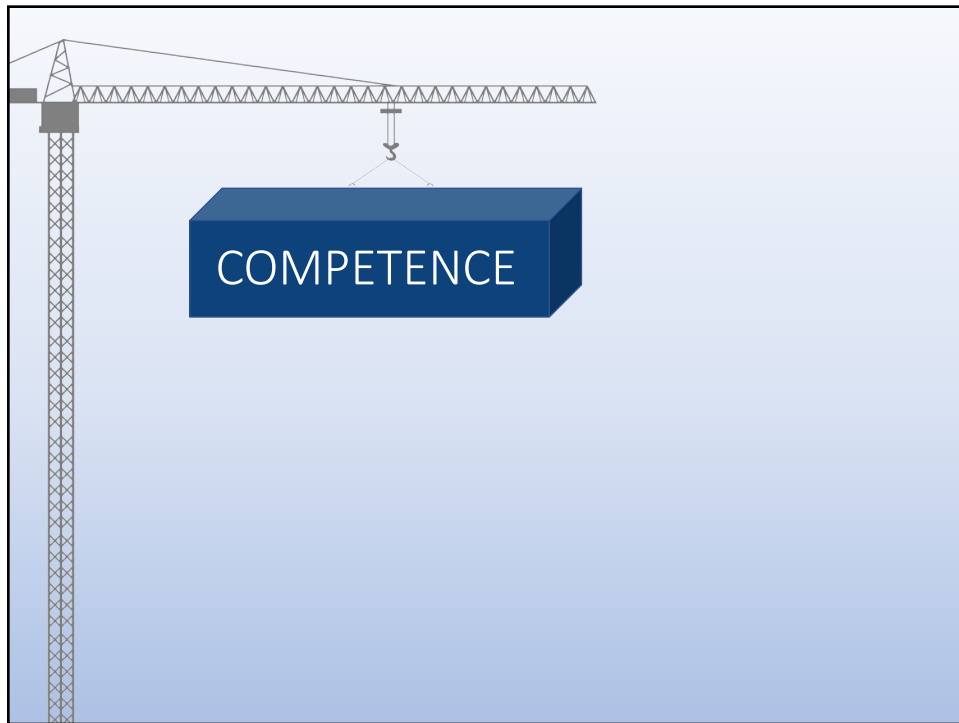




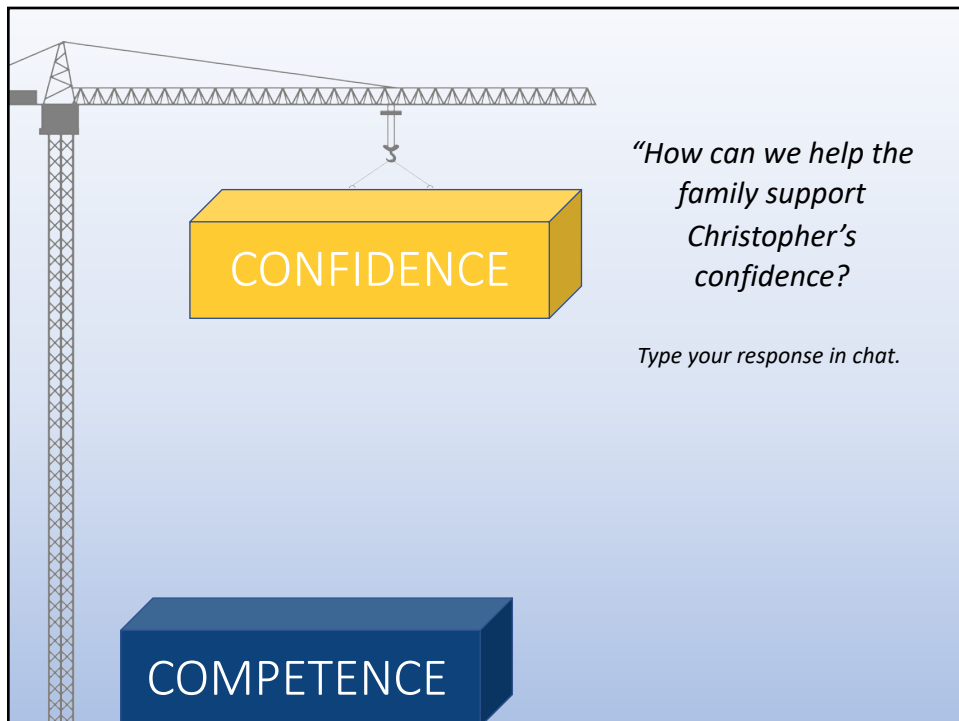
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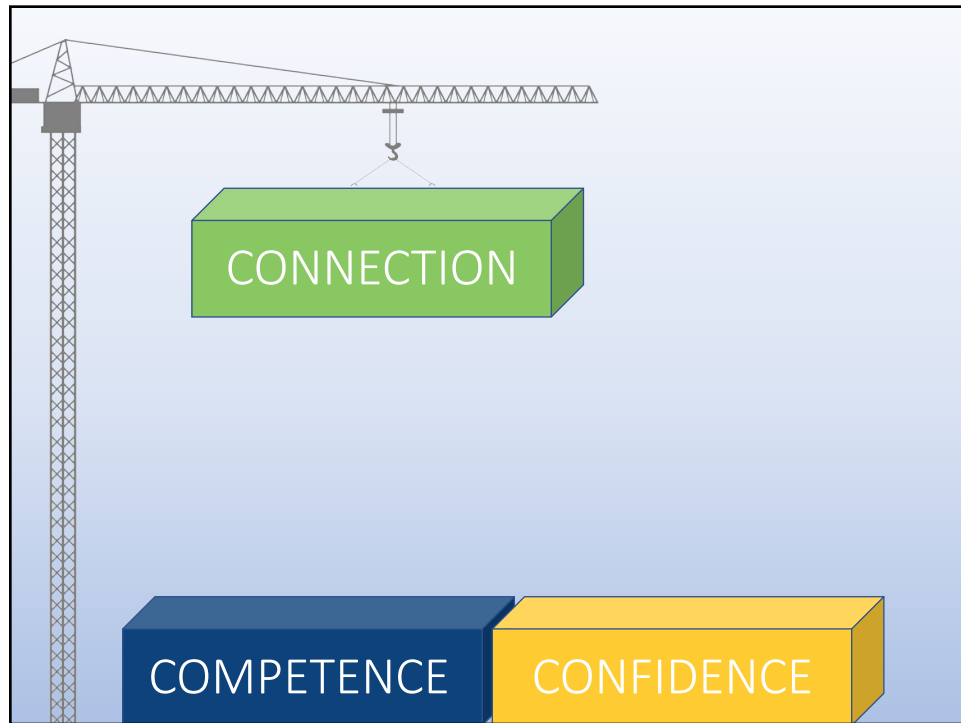
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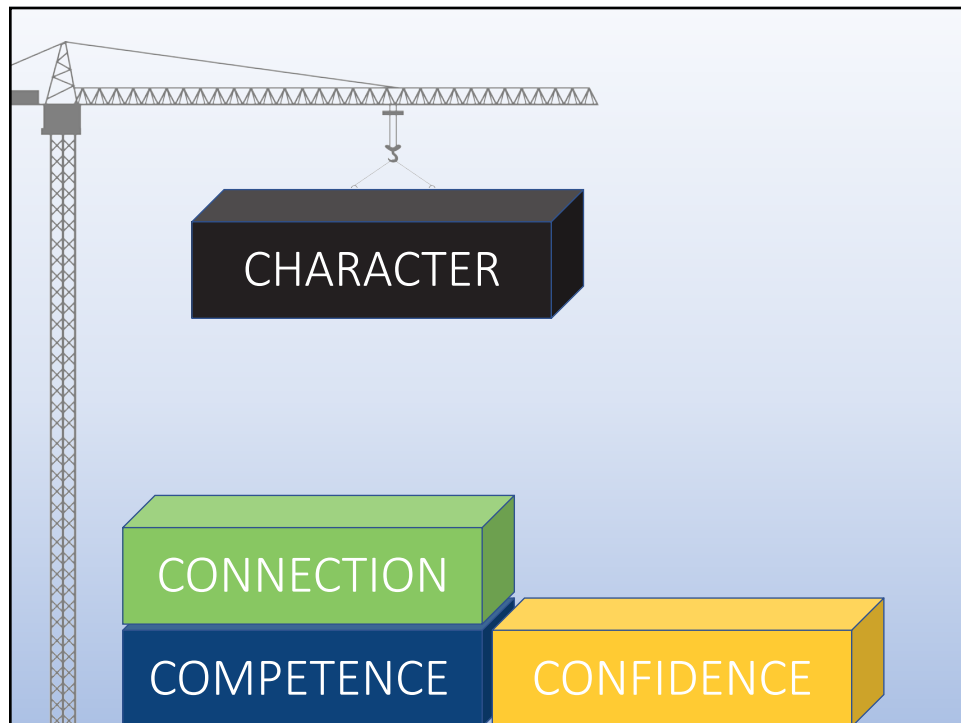
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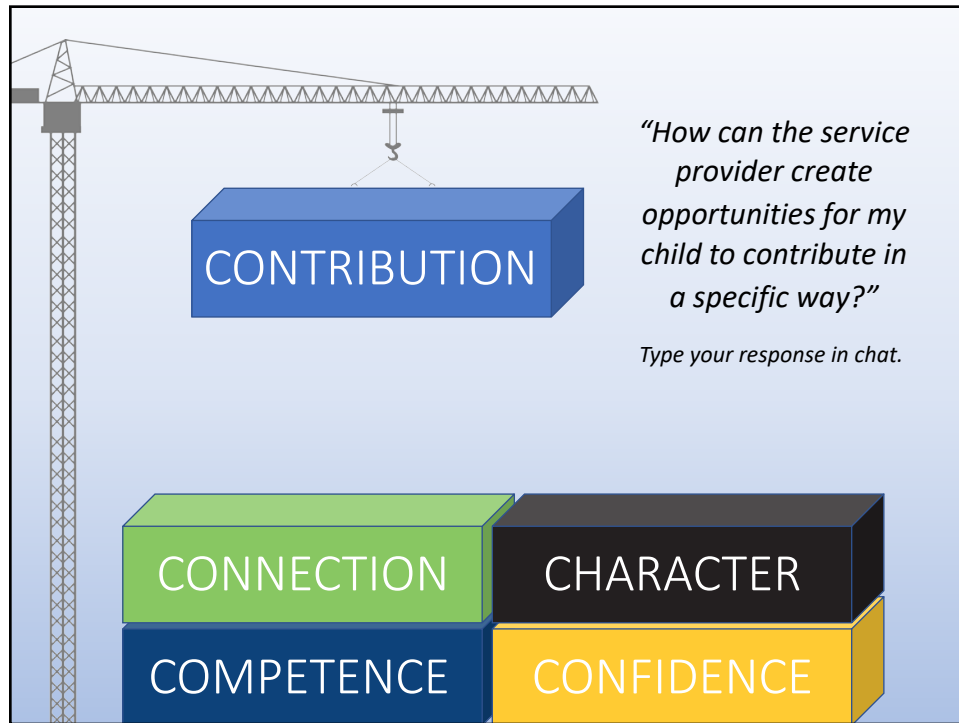


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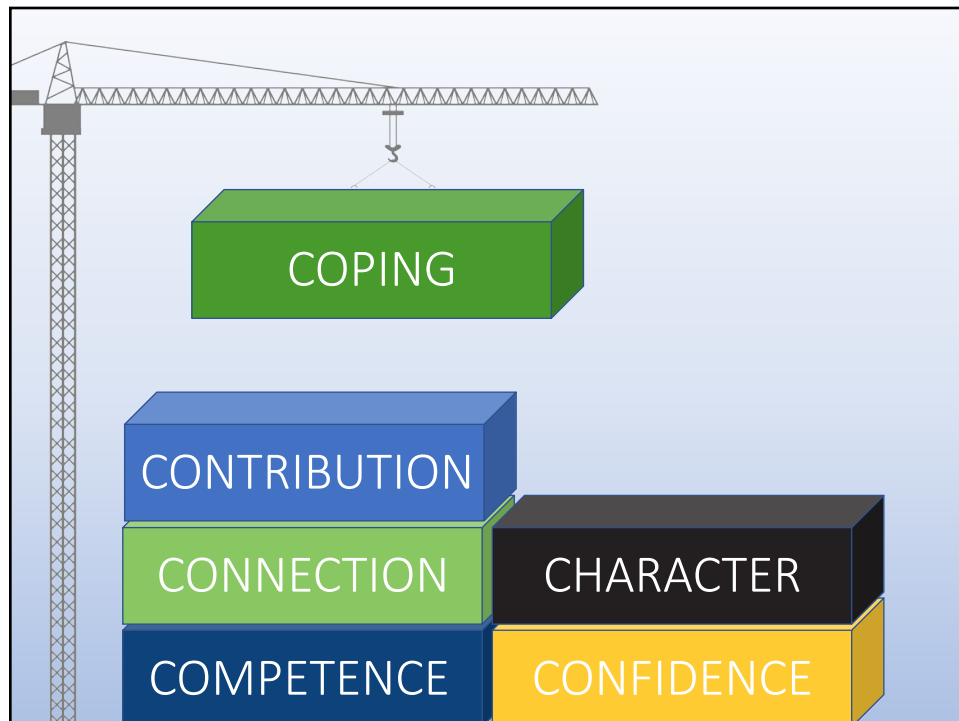


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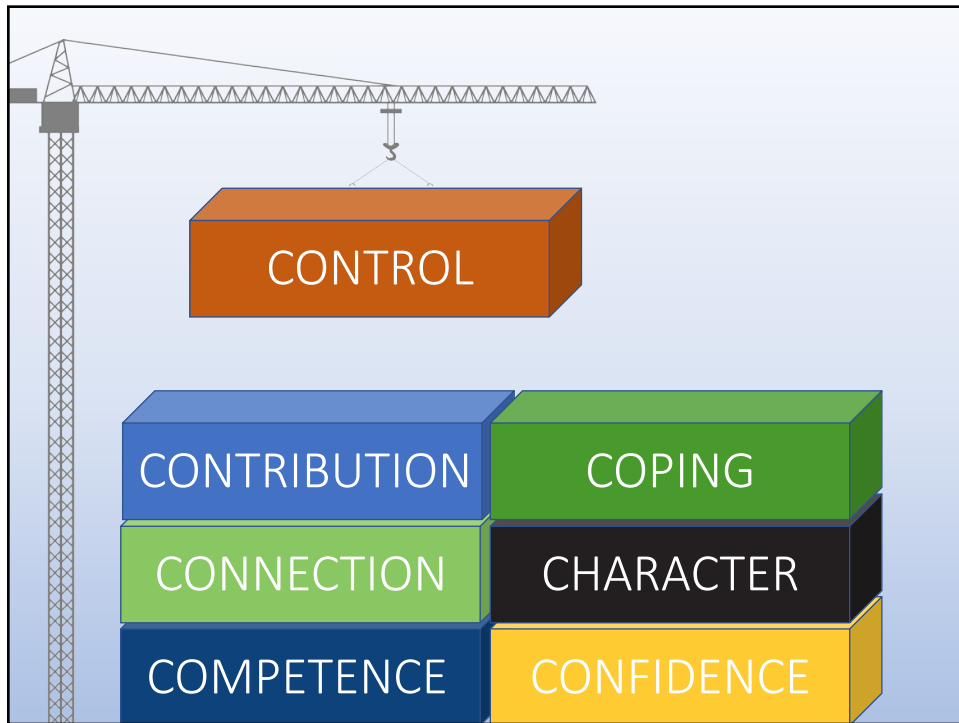




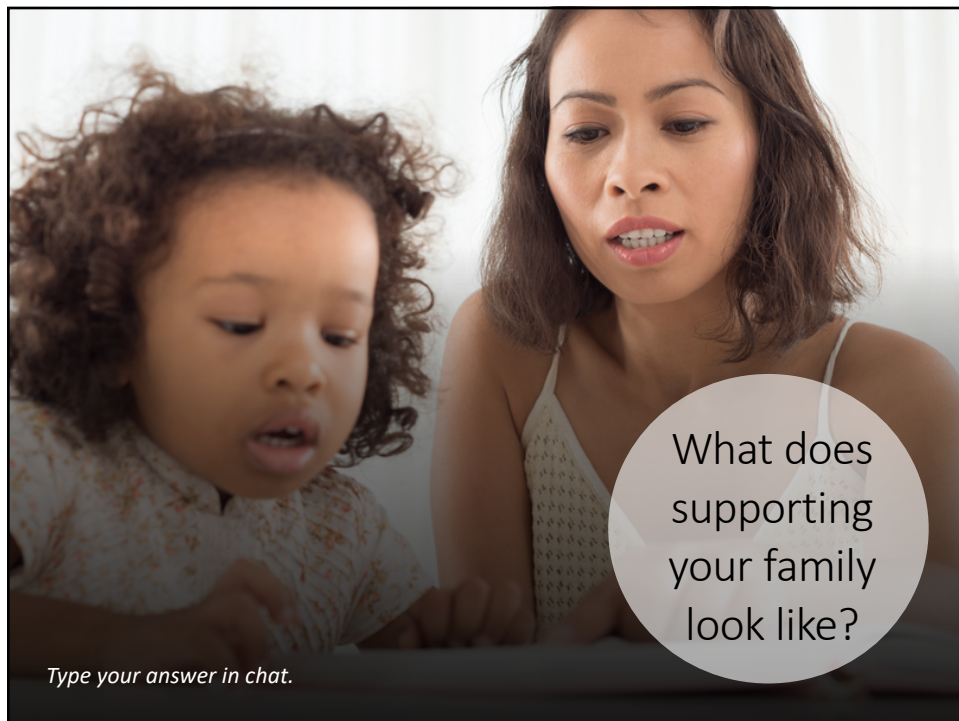
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What does supporting yourself look like?

*Type your answer in chat.*



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**DON'T** Say Self-care. **DO** self-care.

Let's go through this action plan together.

1. Signs of burnout
2. Stress relievers...etc

*Type your answer in chat.*


**Self Care Action Plan**

My Signs of Burnout

My Stress Relievers

People I Can Reach Out To for Support

Helpful Reminders



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*Together we can build resilient families.*

1. Support responsive relationships
2. Strengthen core life skills
3. Reduce stress
4. Practice self-care

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## Upcoming Conferences & Trainings

- ICDL-I'll be giving a talk on neurodiversity and self-regulation!
- Attach Network
- Developing Child Institute at Harvard
- CDC: ACES
- Burke Foundation
- Sesame Street Toolkits
- ACES Connection Center

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