

*"Caring for the Caregiver:
Selfcare & Compassion to Prevent Secondary Trauma
and Burnout in Early Childhood Professionals" -
Resources Handout:*

Adult Resiliency Self Assessments Use these tools to monitor your resilience, which may be effective in helping with stress and/or burnout:

- Resilience Self Reflection - https://d31kydh6n6r5j5.cloudfront.net/uploads/sites/334/2020/05/Resilience_Self_Reflection.pdf
- DARS - [DARS1.pdf](#)

Just Ask – A free resource that is available 24/7, connecting families and early childhood professionals with trusted guidance, information, and resources for children 0-7. This resource can help reduce the possible impacts of stress on early childhood professionals by providing support with various aspects of child development, allowing them to service children and families more effectively.

- Just Ask website - [Just Ask - Virginia Commonwealth University](#)

The Early Childhood Trauma-Informed Community Network (TICN) Committee

A collaborative initiative between SCAN (Stop Child Abuse Now) and the Virginia Association for Infant Mental Health (VAIMH) focused on infant and early childhood mental health, trauma prevention, culturally responsive care, and advocacy for children from birth to age five.

- * TICN Website - [Greater Richmond TICN Committees - SCAN](#)

1-2-3 Care – A free, topic-based toolkit developed by Spokane Regional Health District public health nurses to help caregivers (parents, grandparents, child care providers, teachers, etc.) build trauma sensitivity and support children's resilience.

- 1-2-3- Care Toolkit - [1-2-3 Care – A Trauma-Sensitive Toolkit for Caregivers of Children – FFF](#)

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Book – A Pocket Full of JOY! – Written by the facilitator of this training, Yolanda Richey, this book is designed to give those who work with young children an easy resource for restoring their joy. Filled with reflective questions, affirmations, and a few mindful coloring pages, its an excellent additional resource for managing stress and reducing burnout. Available on Amazon & linked below.

- **A Pocket Full of JOY** - [A Pocket Full of JOY!: Reflective Thoughts to Warm the Hearts of Those Working with Young Children!](#)

NAEYC's Preventing Compassion Fatigue: Caring for Yourself. - A helpful article from the National Association for Education of Young Children (NAEYC) providing helpful tips and information on compassion fatigue for early childhood professionals

- * **NAEYC Article** - [Preventing Compassion Fatigue: Caring for Yourself | NAEYC](#)

Zero to Three – Website information with tips and strategies for preventing burnout

- * **Zero to Three :** [Preventing Burnout in Early Childhood Professionals: Practical Self-Care Strategies | ZERO TO THREE](#)

Virtual Lab School (VSL) – Learning Modules on Trauma Impacts on Caregivers – Self- Wellness: In this online learning modules, participants will learn how trauma can affect the program staff that interact with children who have experienced trauma, how to identify these important signs, and how to foster

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a more trauma-informed environment not only for children, but also for the staff in your program.

In the self-wellness module, participants will learn how awareness of their own behavior impacts children and youth. Participants will also learn how creating a self-care plan that prioritizes wellness helps decrease the impact of secondary traumatic stress and creates a positive working environment for everyone involved.

- VLS - Impact of Trauma on Caregivers: [How Trauma Impacts Caregivers | Virtual Lab School](#)
- * VLS - Self -wellness: [Self-Care & Wellness for Caregivers | Virtual Lab School](#)

