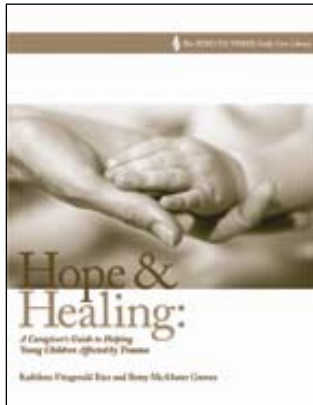


Now Available!

Hope and Healing

A Caregiver's Guide to Helping Young Children Affected by Trauma

Kathleen Fitzgerald Rice and Betsy McAlister Groves



The US Department of Health and Human Services reports that close to 1 million children a year are identified as victims of maltreatment. In addition, the National Clearinghouse of Child Abuse and Neglect estimates that between 3 and 10 million children a year witness the abuse of a parent or caregiver.

In recent years, therapists, educators and researchers have learned a great deal about children and trauma. Findings suggest that recovery often depends on early childhood professionals who understand children and trauma and have the skills to help children and support families.

Hope and Healing is a guide for early childhood professionals who care for children in a variety of early care and education settings. The authors define trauma and help readers recognize its effects on young children. They also offer tips, resources, and proven intervention strategies for working with traumatized children and their families and for managing stress.

“This timely book addresses the challenging—and until recently—all too often overlooked issue of how trauma, in its many forms, impacts very young children. In giving specific and practical guidance, *Hope and Healing* is an indispensable resource for those hoping to counsel, console, and heal young children and families affected by trauma.”

—**George L. Askew, MD, FAAP, Founder and Executive Director of Docs For Tots**

“It is of the utmost importance to support and enhance the efforts of caretakers to assist young children challenged by traumatic experiences and their aftermath. In conjunction with a network devoted to protecting and restoring the developmental future of these vulnerable children, the authors have produced an extremely informative, practical, and insightful guide tailored to the special developmental needs of early childhood.”

—**Robert Pynoos, MD, MPH, Director of the National Center for Child Traumatic Stress/UCLA**

Continued

Hope and Healing

A Caregiver's Guide to Helping Young Children Affected by Trauma

ISBN: 0-943657-93-8 • 68 pp • hardcover; \$18.95

Contents

1. Defining Trauma

- What Is Trauma?
- What Is the Difference Between Acute and Chronic Trauma?

2. The Impact of Trauma on Young Children

- How Does Trauma Affect Young Children?
- How Does Trauma Affect a Child's Relationships and Attachments?
- Can Trauma Affect the Physical Development of the Brain?
- What Are the Signs or Symptoms of Being Traumatized?

3. Helping Children Exposed to Trauma

- Building Resiliency in Young Children Exposed to Trauma
- The Power of Caring Relationships
- Strategies to Promote Healing Relationships Between Caregivers and Young Children in Early Childhood Programs
- Creating Safe Environments for Children
- Strategies to Create Safe Environments for Young Children
- When a Child Tells—Responding to Children's Disclosures
- Strategies to Help Young Children During Daily Activities

- Traumatic Separations From Parents
- Helping Children to Cope With Loss
- Managing Challenging Behaviors in Young Children
- Strategies for Managing Challenging Behavior in Young Children

4. Supporting Families Affected by Trauma

- Building Professional Relationships With Families
- Talking About Sensitive Issues With Families
- Working With Other Agencies Involved With the Child and Family
- Strategies for Successful Work With Families Involved With Other Agencies
- Reporting to Child Protective Services
- Guidelines for Reporting Child Abuse and/or Neglect

5. On the Job: Stress and Coping for the Early Childhood Professional

- The Special Stress of Working With Traumatized Children and Families
- How Can I Take Care of Myself as a Professional?
- Strategies for Self-Care

6. Resources for Families and Early Childhood Professionals

- National Organizations and Internet Resources
- Professional Publications
- Recommended Books for Young Children

About the Authors

Kathleen Fitzgerald Rice, MEd, is an Early Childhood Specialist with the Child Witness to Violence Project at the Boston Medical Center—an award-winning program for young children and their families who have been affected by violence. She has more than a decade of experience as a trainer and consultant to professionals working with at-risk children and families.

Betsy McAlister Groves, MSW, is the founding Director of the Child Witness to Violence Project at the Boston Medical Center. She is also an Associate Professor of Pediatrics at Boston University School of Medicine and has provided training and consultation to numerous agencies and programs across the country.

Order Information

Phone:

(800) 899-4301 or (703)661-1577

Fax: (703) 661-1501

E-mail: 0to3@presswarehouse.com

Web: www.zerotothree.org/bookstore

Mail: PO Box 960, Herndon, VA 20172

Call for shipping and handling charges

ZERO TO THREE is an approved GSA vendor:
GS-02F-0045N

Our Federal ID: 52-1105189

Quantity and reseller discounts are available