

# TRAUMA-INFORMED CARE TRAINING & COACHING PROGRAM

Through the Bridge Program child care providers have access to trauma informed care training and coaching. Training and coaching are intended to help child care providers learn practical strategies for working with children who have experienced trauma.

The California Child Care Resource & Referral Network (Network) developed and delivers the training curriculum to authorize trainers in the local R&R Program. The authorization of trainers and use of the designated curriculum is encouraged for all participating R&R Programs (<https://www.cdss.ca.gov/inforesources/calworks-child-care/ecc-bridge-program>).



**TRAUMA INFORMED CARE  
TRAINING & COACHING**

## TRAUMA-INFORMED CARE CURRICULA

Curricula written for trainers to provide to  
child care providers at Local R&Rs

### MODULE 1: OVERVIEW OF TRAUMA-INFORMED CARE

This module provides a general overview of trauma-informed care and how it affects child development and behavior as well as providing trauma-informed strategies for child care providers.

#### Learning Objectives:

- Learn the definitions of early childhood trauma and types of early childhood trauma.
- Understand the basics of the foster care system
- Learn what Adverse Childhood Experiences (ACEs) are and how they can impact children
- Understand the impact of trauma on the brain and children's behavior
- Identify and practice key trauma-informed strategies to support children, build their resilience, and minimize the adverse effects of trauma

### MODULE 2: ENHANCING CAREGIVER RESILIENCY

This module provides an overview of how important self-care is for all ages while providing strategies to prevent burnout and compassion fatigue.

#### Learning Objectives:

- Self-Assessment: Participants will assess their satisfaction with various life realms
- Define and understand the differences between burnout and compassion fatigue
- Learn and understand trauma concepts for adults including triggers, "Window of Tolerance", and "fight, flight & freeze" reactions
- Learn the impact of Stress on: Physical Health, Emotional Health, & Relational Health
- Learn self-care strategies to improve well-being

### MODULE 3: HISTORICAL AND INTERGENERATIONAL TRAUMA

This module builds on the foundational TIC curriculum by increasing the awareness, knowledge, and understanding of the specific impact of intergenerational trauma, epigenetics, and racism on us all.

#### Learning Objectives:

- Self-Assessment: Participants will identify and define themselves with a context of their culture and historical and intergenerational trauma
- Define terms and concepts
- Learn and understand the impact of historical and intergenerational trauma, toxic stress and ACEs through the lens of racism in this country, focusing on anti-Black racism Understand racism and how it applies to participants and the ECE field
- Promote trauma-responsive strategies to the lives of children and families

For a brief overview of the curricula or to get started on being Trauma-Informed, you can find the overview of Modules 1 & 2 on Trauma-Informed Care in English and Spanish on [www.caearlychildhoodonline.org](http://www.caearlychildhoodonline.org)