

Handout: Trauma and Neglect



Key Take Aways

What was the landmark study in the 1990s about? What were some of the findings?

What are some of the symptoms of ACES?

How can you change the stress response?



Discussion: Applications

How do you build a positive relationship with the children in your care?

What are three mindfulness exercises you would like to try in your classroom?

What are three ways to build resilience you would like to try in your classroom?