



Resources within Reason

Maltreatment and Trauma Resources

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Childhood trauma occurs when children are exposed to traumatic events or situations that impede their development. Types of trauma that can affect children's development include domestic violence, natural disasters, school violence, and traumatic grief (death of someone close to the child). Childhood maltreatment consists of neglect and physical, sexual, or psychological abuses that directly and indirectly impact the child's development. Here are some evidence-based resources focused on supporting children who have experienced maltreatment or trauma.

Sesame Street in Communities – Traumatic Experiences

This child and family friendly website features familiar characters from the Sesame Street show and provides activities, articles, workshops, and printable information. These include links to an app called, "Breathe, Think, Do with Sesame" and another app activity called "Art Maker" through which children can create art that helps express their feelings after a traumatic event.

<https://sesamestreetincommunities.org/topics/traumatic-experiences/>

DEC Position Statement on Child Maltreatment

The position statement outlines the expected role of special education professionals who directly support and care for children with disabilities who have been maltreated or are at risk due to factors within their environment. It also provides action recommendations and guidelines for working with families.

<https://www.decdocs.org/position-statement-child-maltreatment/>

Harvard Center on the Developing Child- Resilience Series

This website provides videos and other resources that define resilience and why it matters, share the science behind resilience, and reveal how resilience is built and fostered in children.

<https://developingchild.harvard.edu/resources/inbrief-resilience-series/>

Understanding the Effects of Maltreatment on Brain Development

This issue brief delivers information on how the brain develops, the effects of maltreatment on brain development, implications for practice and policy, and additional resources and references.

https://www.childwelfare.gov/pubPDFs/brain_development.pdf

The National Child Traumatic Stress Network (NCTSN)

This website offers resources about identifying different types of child trauma, signs of exposure, and the effects of trauma on children. Resources are available for specific audiences including professionals, family and caregivers, school personnel, and policymakers. The site includes resources for addressing traumatic grief (i.e., the sudden death or loss of a loved one).

<http://www.nctsn.org/>

Trauma-Informed Approach and Trauma-Specific Interventions

This website provides information about, and links related to, the Substance Abuse and Mental Health Services Administration's six key principles of a trauma-informed approach and specific interventions to address trauma's consequences and facilitate healing.

<https://www.samhsa.gov/nctc/trauma-interventions>

ECHO Parenting

This website features infographics and resources on trauma, several of which are available in English and Spanish. These resources are available for download (PDF) and or may be ordered through the site.

<https://www.echoparenting.org/resources/>

NOTE: Additional resources on trauma and maltreatment are available at the DEC website, including **YEC Monograph 17: Maltreatment and Toxic Stress**.

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