**Children & Trauma Resource List**

**Websites For Adults**

Helping Traumatized Children Learn – traumasensitiveschools.org

Brad Chapin – Selfregulationstation.com

Child Trauma Academy – childtrauma.org (Dr. Bruce Perry)

The Relationship Between Bullying and Suicide – cdc.gov

Mental Health America – mentalhealthamerica.net

Capeable.com (weighted products)

National Adverse Childhood Experiences (ACE) Study – cdc.gov & acestoohigh.com, acesconnection.com

Centerforyouthwellness.org

Mentalhealth.samhsa.gov/nctic – National Center for Trauma-Informed Care

Nctsnet.org – National Child Traumatic Stress Network

**Books For Adults**

Forbes, Heather T. 2012,*Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom*,Beyond Consequences Institute, LLC.

Harris Burke, Nadine, M.D., 2018, *The Deepest Well: Healing the Long-Term Effects of Childhood* *Adversity*, Houghton Mifflin Harcourt, Boston.

Burdick, Debra, 2014, *Mindfulness Skills for Kids & Teens – A Workbook for Clinicians* *& Clients with 154*

*Tools, Techniques, Activities & Worksheets,* Eau Claire, WI, PESI Publishing.

Siegel, Daniel M.D., *The Mindful Brain.*

Siegel, Daniel M.D. and Tina Payne Bryson*, The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind* & *The Whole-Brain Child Workbook*, Bantam Books, NY, NY, 2011

Perry, Bruce M.D. and Maia Szalavitz, 2006, *The Boy Who Was Raised as a Dog and Other Stories from a Child Psychiatrist’s Notebook,* New York, NY, Basic Books.

Kohn, Alfie, 2005, *Unconditional Parenting: Moving Rewards and Punishments to Love* *and Reason*, NY, NY, Atria.

Purvis, Karyn, 2007, *The Connected Child: Bring Hope and Healing to Your Adoptive Family*, McGraw Hill, NY, NY.

Cardon, Teresa, 2004, *Let’s Talk Emotions: Helping Children with Social Cognitive Deficits,* APC, Shawnee Mission, KS.

Greene, Ross, Ph.D., 2014, *The Explosive Child*, Harper Collins, New York, NY.

Kamenetz, Anya, 2018, *The Art of Screen Time: How Your Family Can Balance Digital Media & Real Life,* Hachette Book Group, New York, NY.

Kuypers, Leah, 2011, *The Zones of Regulation*, Think Social Publishing, Inc., San Jose, CA.

Van der Kolk, Bessel, 2014, *The Body Keeps the Score: Brain, Mind & Body in the Healing of Trauma*, Penguin Group, New York, New York.

Forbes, Heather, Beyond Consequences Logic and Control: A Love-based Approach to Helping Children with Severe Behaviors, Volumes 1 & 2

Forbes, Heather, Dare to Love: The Art of Merging Science and Love into Parenting Children with Difficult Behaviors.

Forbes, Heather, Power of the Mind: Affirmations for Regulation (Audio CD).

Nakazawa Jackson, Donna, *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal.*

**Self-Regulation/Sensory Tools**

* Gonoodle.com
* Creative therapy associates -ctherapy.com
* Kidsplaybox.com
* Lemonlimeadventures.com
* CapeAble.com (weighted products)
* Pinterest – sensory tools for kids
* Therapyshoppe.com
* Officeplayground.com
* Trainerswarehouse.com

**Apps for Children/Youth**

* The Breathing Butterfly by - Tip-Tok
* Focus 1-2-3 by Oranda
* Kaleidoscope Drawing Pad
* Breathing Bubbles
* Calm Kids with Mamaphant by James Golding
* Smiling Mind
* Sit With Us (coordinate lunches with friends – promotes kindness and inclusion)
* Mindshift by Anxiety Disorders Association
* OMG, I Can Meditate
* Mindfulness for Children
* Calm
* Settle your Glitter
* Stop, Breathe, Think
* Seesaw: The Learning Journal

**YouTube**

* Cosmic Kids Zen Den Series Mindfulness for Kids and Peace Out (Cosmic Kids Yoga)– ages 5+
* Sesame Street: Me Want it (But Me Wait) with Cookie Monster
* Sesame Street: Belly Breathe with Elmo
* Little Flower Yoga
* gonoodle – get moving/dancing videos/Maximo

**Websites**

* Gozen.com (anxiety)
* braingym.org
* teensfindinghope.org
* greentreeyoga.org
* Childhood101.com
* mindyeti.com (guided audio sessions)
* Zonesofregulation.com
* Search-institute.org (40 developmental assets)

* Yoga4classrooms.com
* Livesinthebalance.org (Dr. Ross Greene)
* Socialthinking.com
* Heysigmund.com
* Heartmindkids.com
* Mindfulschools.org

**Children and Teens - Books**

*Sitting Still Like a Frog: Mindfulness Exercises for Kids*, Eline Snel

*Peaceful Piggy Meditation*, Kerry Lee MacLean

*The Lemonade Hurricane: A Story of Mindfulness & Meditation*, Licia Morelli

*The Way I Feel,* Janan Cain

*What Does it Mean to Be Present?*, Rana Di Orio & Eliza Wheeler

*Take The Time: Mindfulness for Kids*, Maud Roegiers

*Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens,* Lisa Roberts

*The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time*, Dzung, X

*Feelings to Share*, Todd & Peggy Snow

*Master of Mindfulness – How to be Your Own Superhero in Times of Stress*, Laurie Grossman

*How is Daniel Feeling*, Maggie Testa

*It’s Hard to Be Five: Learning How to Work My Control Panel*, Jamie Lee Curtis & Laura Cornell

*Incredible You*, Dr. Wayne W. Dyer

*A Terrible Thing Happened*, Margaret Holmes

*Anh’s Anger*, Gail Silver

*Mindful Monkey, Happy Panda*, Lauren Alderfer

*Steps and Stones: An Anh’s Anger Story*, Gail Silver

*Puppy Mind,* Andrew Jordan Nance

*Your Fantastic Elastic Brain: Stretch it, Shape it,* JoAnn Deak & Sarah Ackerley