**Children & Trauma Resource List**

**Websites For Adults**

Helping Traumatized Children Learn – traumasensitiveschools.org

Childmind.org

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

Compassionresiliency.com

Parentandteen.com

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

Nctsn.org – National Child Traumatic Stress Network

Gozen.com

Heysigmund.com

Commonsensemedia.org

Search-institute.org

Socialthinking.com

**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.

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. (Zonesofregulation.com)

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.*

Ginsburg, Kenneth, *Building Resilience in Children and Teens: Giving Kids Roots and Wings*, 2014.

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

Greenland, Kaiser Susan*, The Mindful Child,* 2010.

**Self-Regulation/Sensory Tools**

* Gonoodle.com
* Funlittles.com
* Pinterest – sensory tools/toys for kids
* Lemonlimeadventures.com
* CapeAble.com (weighted products)
* Funandfunction.com
* Therapyshoppe.com

**Apps for Children/Youth**

* The Breathing Butterfly by - Tip-Tok
* Focus 1-2-3 by Oranda
* Kaleidoscope Drawing Pad
* Breathing Bubbles
* 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 Kids
* 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)
* teensfindinghope.org
* Childhood101.com
* mindyeti.com (guided audio sessions)
* stressedteens.com

* Heysigmund.com
* Heartmindkids.com
* Mindfulnessforteens.com

**Children and Teens - Books**

*Sitting Still Like a Frog: Mindfulness Exercises for Kids*, Eline Snel, 2013.

*Peaceful Piggy Meditation*, Kerry Lee MacLean, 2004.

*The Lemonade Hurricane: A Story of Mindfulness & Meditation*, Licia Morelli, 2015.

*The Way I Feel,* Janan Cain, 2005.

*What Does it Mean to Be Present?*, Rana Di Orio & Eliza Wheeler, 2010.

*Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens,* Lisa Roberts, 2014.

*The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time*, Dzung, X Vo, 2015.

*Feelings to Share From A-Z*, Todd & Peggy Snow, 2007.

*How is Daniel Feeling*, Maggie Testa, 2015.

*It’s Hard to Be Five: Learning How to Work My Control Panel*, Jamie Lee Curtis & Laura Cornell, 2007.

*A Terrible Thing Happened*, Margaret Holmes, 2000.

*Anh’s Anger*, Gail Silver, 2009.

*Mindful Monkey, Happy Panda*, Lauren Alderfer, 2011.

*Steps and Stones: An Anh’s Anger Story*, Gail Silver, 2011.

*Puppy Mind,* Andrew Jordan Nance, 2016.

*Your Fantastic Elastic Brain: Stretch it, Shape it,* JoAnn Deak & Sarah Ackerley, 2010.