Parent Trauma Informed Care Presentation

→ Making Stress Your Friend
   https://www.youtube.com/embed/RcGyVTAoXEU?modestbranding=1&autoplay=1&iv_load_policy=3&rel=0&fs=1&start=300&end=449

→ Mindfulness Videos/TED Talks
   o Mindfulness for Adults (Shapiro)
   o Mindfulness Activity - Adults (Williamson)
   o Mindfulness for Adults (Boissiere)
   o Mindfulness Activity - Children

→ Attachment Trauma Network
   https://www.attachmenttraumanetwork.org/

→ Breathing Techniques/ Calm down corner
   https://copingskillsforkids.com/deep-breathing-exercises-for-kids