

# Talking to Kids about Trauma (Webinar Series- Part 2)

Instructor: Rebecca Wenrich Wheeler, LCMHCA, CPS

## Recommended Books & Resources

\*\*Pre-read texts before using in lessons or providing to youth to match developmental stage.\*\*

### For children:

*The Bad Seed* by Jory John (picture book)

*My Yellow Balloon* by Audrey Papageorge (picture book)

*The Invisible String* by Patrice Karst (picture book)

*After the Fall* by Dan Santat (picture book)

*Healing Days: A Guide for Kids Who Have Experienced Trauma* by Susan Farber Strauss

*Whimsy's Heavy Things* by Julie Kralis (picture book)

*A Terrible Thing Happened* by Margaret M Holmes (picture book)

*Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)* by Eline Snel

*Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Deal with Anxiety, Stress, and Anger* (workbook edition) by Janine Halloran (applicable to pre-teens too)

### For pre-teens:

*As Brave As You* (novel) by Jason Renyolds

*Ghost* (novel) by Jason Renyolds

*The War that Saved my Life* (novel) by Kimberly Brubaker Bradley

*Inside Out and Back Again* (novel) by Thanhha Lai

*Umbrella Summer* (novel) by Lisa Graff

*The Feelings Book: The Care and Keeping of Your Emotions* by: Dr. Linda Madison and Josee Masse

*The Seventh Most Important Thing* (novel) by Shelley Pearsall

### For teens:

*Conquer Anxiety Workbook for Teens: Find Peace from Worry, Panic, Fear, and Phobias* by Tabatha Chansard

*Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic* by: Jennifer Shannon

*Dear Edward* (novel) by Ann Napolitano

*The Rest of Us Just Live Here* (novel) by Patrick Ness

*Tiffany Sly Lives Here* (novel) by Dana L. Davis

*Hey, Kiddo* (graphic novel) by Jarrett J. Krosoczka

*Freaky Green Eyes* (novel) by Joyce Carol Oates

*After the Shot Drops* (novel) by Randy Ribay

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## Web Resources for Adult helpers

### Tips for Talking to Youth about Community and Environmental Trauma:

#### **UC Berkeley:**

[https://greatergood.berkeley.edu/article/item/nine\\_tips\\_for\\_talking\\_to\\_kids\\_about\\_trauma](https://greatergood.berkeley.edu/article/item/nine_tips_for_talking_to_kids_about_trauma)[https://greatergood.berkeley.edu/article/item/nine\\_tips\\_for\\_talking\\_to\\_kids\\_about\\_trauma](https://greatergood.berkeley.edu/article/item/nine_tips_for_talking_to_kids_about_trauma)

#### **Center for Parenting Education:**

<https://centerforparentingeducation.org/library-of-articles/healthy-communication/when-disaster-strikes-talking-to-children-about-traumatic-events/>

#### **Child Mind:**

<http://childmind.org/wp-content/uploads/Child-Mind-Intitute-Parents-Guide-Traumatic-Event.pdf>

**APA:** <https://www.apa.org/topics/talking-children>

**Northwestern Univ.:** <http://cctasi.northwestern.edu/family/parents-caregivers/>

**Missouri Dept. of Mental Health:** <https://dmh.mo.gov/healthykids/providers/trauma>

**ACEs Connection:** <https://www.acesconnection.com/blog/12-myths-of-the-science-of-aces>

### Climate Crisis & mental health:

#### **Harvard School of Public Health:**

<https://www.hsph.harvard.edu/c-change/subtopics/climate-change-and-mental-health/>

**APA:** <https://www.apa.org/research/action/speaking-of-psychology/climate-change-impact>

### Anxiety and Racism:

**Anxiety.org:** <https://www.anxiety.org/black-americans-how-to-cope-with-anxiety-and-racism>

**APA:** <https://www.apa.org/pubs/journals/releases/amp-amp0000204.pdf>

#### **NPR:**

<https://www.npr.org/sections/health-shots/2017/11/11/562623815/scientists-start-to-tease-out-the-subtler-ways-racism-hurts-health>

### Child poverty and stress:

**National Institute of Health:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5765853/>

<https://www.apa.org/pi/families/resources/newsletter/2012/07/stress-mechanism>

<https://www.all4kids.org/news/blog/poverty-and-its-effects-on-children/>

### Protective Factors & PCEs:

#### **Search Institute:**

<https://www.search-institute.org/our-research/development-assets/developmental-assets-framework/>

#### **ACEs Connection:**

<https://www.acesconnection.com/blog/nurturing-relationships-in-childhood-boost-adult-mental-health-relationships-1>

#### **Psychology Today:**

<https://www.psychologytoday.com/ca/blog/the-athletes-way/201909/seven-early-experiences-potential-benefits-in-adulthood>

**Youth.gov:** <https://youth.gov/youth-topics/youth-mental-health/risk-and-protective-factors-youth>

**UNICEF:** <https://www.unicef-irc.org/article/1751-the-adolescent-brain.html>

**John Hopkins Study PCEs:** <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2749336>

**NPR:** <https://bit.ly/PCEsParenting>