

Trauma-Aware Practice

Free online learning for teachers, educators & families



Deepen your understanding of how Trauma-Aware Practice looks, sounds and feels



What Is Trauma?

Explore different types of trauma & how it presents in early childhood



Understanding the Impacts of Trauma

How trauma effects children's development, relationships & mental health



Regulation

Recognising what is happening in our bodies & how we should respond



Trauma-Aware Practice

Approaches that create attuned, safe, and supportive environments



Self-Care

Identifying risk and protective factors, developing strategies & building stamina

Pause & Reflect

Additional Resources at the click of a mouse

Reviewing Learning

Reflecting on opportunities & ideas for practice

