



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.