



On Demand Child Care Training

Featured module:

Self-care for ECE Professionals Who Care for Children Impacted by ACEs

Caring for children who have experienced adverse childhood experiences (ACEs) can be an intense and exhausting experience for ECE professionals. Whether you may be working to resolve your own childhood trauma or may be experiencing secondary trauma as a result of the demands of care for children who are impacted by ACEs, it is essential to develop a self-care toolkit to support your own wellbeing and to provide the best care possible. This module focuses on practical strategies for self-care to prevent compassion fatigue and reduce stress levels associated with caring for children with ACEs. (K7.3 C2, CDA3) 2 hours



Learn to:

- Describe the importance of self-care for ECE professionals who care for children with ACEs.
- Define primary and secondary trauma.
- Identify strategies for self-care.
- Create a safety plan.
- Develop an awareness of available resources. Identify steps to improve the cleaning practices and policies within your ECE program.

Spanish modules available
Eligible for CEUs
Accepted for CDA

Content for this and 200+ other On Demand professional development modules is available at no cost. If a certificate of completion is needed or required, a \$5.00 fee is charged.

See the status of module approval in your state at <http://tinyurl.com/bkc-states>

extension.psu.edu/programs/betterkidcare

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