# Trauma: The Brain, The Classroom & You

An Early Childhood Educators Conference

#### Saturday, November 13th 9am-12:30pm

#### **Central Library**

40 E. St. Clair Indianapolis, IN 46204

## Conference Schedule

8:30 am Registration

9:00 am Session 1

**10:00 am** Session 2

**11:00 am** Session 3

12:00 pm Closing

#### **Sessions**

### **Trauma and the Brain**Presented by Dr. Lori Desautels

In this presentation, Dr. Desautels will share how adversity and trauma impact the developing brain and body, affecting cognition, behaviors, and relationships. She will also share the research of resiliency and how our brains and bodies repair and heal from trauma and adverse conditions. She will present the practices and strategies that are aligned with brain function and structure and can be implemented in our homes, schools and communities

#### Strategies for Developing Social-Emotional Skills for Preschoolers Presented by SPARK

Discover practical strategies for promoting progress through socialemotional developmental milestones for success in your program. Learn how to support children with behavioral challenges. (CKC 1)

#### Self-Care on the Clock

What do you do to help regulate your own emotions while teaching? Explore engaging activities you can do with your children in the room designed to relieve stress and anxiety

Register by scanning the QR code or going to attend.indypl.org









