



Supporting Children, Families, and Communities to Thrive: Promoting Positive Childhood Experiences and Resilience

The **Maine Resilience Building Network** is hosting free *virtual* (via ZOOM) professional development for Early Childcare, Pre-K, and Public-School providers across Maine. ***Supporting Children, Families, and Communities to Thrive: Promoting Positive Childhood Experiences and Resilience*** will bring together Early Childhood, Pre-K and Public-School Educators to participate in programs during 2023-2025. Two contact hours are available for each session.

*These trainings are offered by the Maine Department of Education and Department of Health and Human Services in collaboration with the Maine Resilience Building Network through a Birth to Eight Preschool Development Grant. Two contact hours are available for each session. **Registration is required.***

Please contact the Maine Resilience Building Network (MRBN) at training@maineresilience.org if there is interest to partner with MRBN to plan an in-person professional development program for educators and early child care providers serving birth to eight years old in your communities or county.

Training Descriptions

The Impact of Experience: How Adverse Childhood Experiences and Positive Childhood Experiences Impact Healthy Child Development (Part I)

Join this training to gain a comprehensive understanding of how both adverse and positive childhood experiences sculpt the foundation of individual development and uncover the transformative potential of PCEs in nurturing the children you work with.

Together we will explore the profound effects of Adverse Childhood Experiences (ACEs) and Positive Childhood Experiences (PCEs) on early brain development. Breakthrough research demonstrates that positive and negative experiences shape brain development in early childhood, which impacts our physical and mental health throughout life. This training explores the science of adverse childhood experiences (ACEs) and the impact of positive childhood experiences (PCEs). Through a comprehensive understanding of how both adverse and positive childhood experiences sculpt the foundation of individual development this training will uncover the transformative potential of PCEs in nurturing healthy development. By delving into the nuanced dynamics between these experiences, participants will be better equipped to guide children toward optimal growth and well-being. Join us to gain insights, tools, and perspectives that will shape your approach to nurturing the next generation.



Learning Objectives

1. Grasp the nuances of early brain development influenced by ACEs and PCEs.
2. Gain insights into ACEs and PCEs and how PCEs can nurture healthy development.
3. Learn cognitive reframing techniques to focus on protective factors and strengths.

A Framework for Implementing Positive Childhood Experiences to Support Healthy Child Development (Part II). *(Part 1 attendance is encouraged but not required to attend this training.)*

Join this training to learn the framework for promoting positive childhood experiences and support healthy childhood development through the lens of relationships, environment, engagement, and emotional growth.

In the journey of nurturing the next generation, understanding, and implementing a comprehensive framework for promoting positive childhood experiences is crucial. This training offers a multifaceted framework for promoting PCEs to support healthy child development. Grounded in the research of Positive Childhood Experiences, participants will have the opportunity to reflect, learn and explore opportunities for enhancing their school environment to positively impact a child's developmental trajectory. Participants will gain insights into designing environments that stimulate cognitive growth, curiosity, engagement, and social connectedness. The Science of the Positive shifts our perspective from a problem-focused approach to one that cultivates and amplifies the existing healthy, positive, and protective factors within our children and families. By adopting a lens of hope, we profoundly alter the nature of the questions we ask, the data we gather, and our strategies for tackling health and safety issues. This approach will utilize evidence-based strategies and tools, to equip educators and caregivers with the knowledge and skills needed to nurture and grow positive childhood in their work, shaping a brighter future for the generations to come.

Learning Objectives Learning Objectives:

1. Summarize the way positive and negative experiences impact brain development.
2. Employ practical strategies for fostering positive environments in educational and caregiving settings.
3. Gain insights into creating safe, stimulating, and inclusive spaces that encourage exploration, creativity, and positive interactions.

Addressing Compassion Fatigue and Resilience Strategies in Educators and Caregivers

Join this training to explore stress impact and address compassion fatigue by developing strategies that promote resilience and reconnect you with the "why " of your work.

Those working in systems that support stressed and vulnerable individuals, families, and communities are at additional risk for vicarious trauma, compassion fatigue, and burnout. While this has been true historically, our environments and pressures have made this risk more acute as we continue to work through pandemic-related impacts—staff shortages, social inequities, and risks in our own families.



Research confirms that we encounter a cost of caring in our roles as professionals in public health organizations, community organizations, schools, and mental and behavioral health settings. This training addresses the challenges faced by professionals, including compassion fatigue, vicarious trauma, and burnout, especially in the wake of the pandemic. We'll provide tools and strategies for recognizing stress and developing personal and professional resilience strategies. This session includes opportunities to develop strategies that promote wholeness and resilience and reconnect with the "why " of our work with individuals, families, and communities.

Learning Objectives

1. Help participants identify how stress presents to them.
2. Understand the signs and symptoms of compassion fatigue.
3. Develop 5 personal and professional resilience strategies that address compassion fatigue and foster wellbeing.