



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

### ***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.**

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. Understand early brain development
2. Summarize the way positive and negative experiences impact brain development
3. Gain insights into ACEs and PCEs and how PCEs can nurture healthy development
4. Practice cognitive reframing exercises to train the brain to see protective factors and strengths as Type 1 thinking

## **A Framework for Implementing Positive Childhood Experiences to Support Healthy Child Development (Part II)**

**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 an insightful exploration of a multifaceted approach to support healthy childhood development through the lens of relationships, environment, engagement, and emotional growth. 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. 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**

1. Summarize the way positive and negative experiences impact brain development
2. Describe ACEs & PCEs
3. Learn practical strategies for caregivers and educators to nurture of trust, empathy, and resilience in children.
4. 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 MRBN's programming includes opportunities for staff to identify stress impact, develop strategies that promote wholeness and resilience, and reconnect with the "why " of our work with individuals, families, and communities. This training will help participants identify how stress shows up for them and develop personal and professional resilience strategies to buffer against the impact of exposure.

### **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

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