

Takeaway Tip Sheet

Kinship Caregiver Support

- **The Ohio Family Care Association (OFCA)**
 - Main website: <http://ofcaonline.org/who-we-serve/>
 - Kinship Advisory Council: <http://ofcaonline.org/kinship-advisory-council/>
- **Ohio Grandparent/Kinship Coalition:**
 - Main website: <https://www.ohiograndparentkinship.org>
 - Facebook page: <https://www.facebook.com/OhioGrandparentsKinshipCareCoalition>
 - Resource page:
https://www.ohiograndparentkinship.org/Webinars/Ohio_webinar_052620.pdf
- **List of support groups by county:**
https://www.ohiograndparentkinship.org/support_groups.htm

Information about Childhood Trauma

- **Fact sheet from Substance Abuse and Mental Health Services Administration (SAMHSA):**
<http://files.constantcontact.com/bde05f96001/33cfa0d8-35ab-4453-abc6-9eb23cdcb10b.pdf?ver=1511887992000>
- **Ohio Resource--The impact of Trauma on children:**
<http://education.ohio.gov/Topics/Student-Supports/PBIS-Resources/Trauma-Informed-Schools/The-Impact-of-Trauma-on-Students>
- **Child Mind Institute**
 - **Signs of Trauma:** <https://childmind.org/guide/helping-children-cope-traumatic-event/signs-of-trauma/>
 - **Guide for helping a child cope after a traumatic event:**
<https://childmind.org/guide/helping-children-cope-traumatic-event/>
 - **For families:** <https://childmind.org/audience/for-families/>
- **National Child Traumatic Stress Network**
 - **Complex trauma:** <https://www.nctsn.org/what-is-childtrauma/trauma-types/complex-trauma>
 - **Childhood trauma fact sheet:** <https://www.nctsn.org/what-is-child-trauma/about-child-trauma>
 - **Families and trauma:** <https://www.nctsn.org/trauma-informed-care/families-and-trauma>
- **Parenting a child who has experienced trauma:**
<https://www.childwelfare.gov/pubPDFs/child-trauma.pdf>
- **Trauma Sensitive Schools:** <https://traumasensitiveschools.org/>

Child Development information

“Serve and Return” refers to the back-and-forth interactions that help build strong relationships. Kids of any age who have experienced trauma often have trouble with things like taking turns and responding appropriately when they are out of the window of tolerance.

Overview of “serve and return”: <https://developingchild.harvard.edu/science/key-concepts/serve-and-return/>

Movement is a good way to process trauma in the body. Here are some videos you can do at home:

- Guided Movement Videos (20 minutes each) and Expressive Arts :
<https://www.traumaresearchfoundation.org/resources/resource-center>

There is good evidence that yoga helps regulate stress:

- Fun Yoga for Young Kids (17 minutes):
https://www.youtube.com/watch?time_continue=125&v=4ZpkRAcgws4&feature=emb_logo
- Emotional Regulation Yoga for Teens (12 minutes):
<https://www.youtube.com/watch?v=epVF2cvsoUc>

Paying attention to your breath and how your body feels can be good ways for caregivers and kids to self-regulate. Here is a link to a 3-minute guided “body scan” you listen to for a quick break. Scroll down below the picture to where you see a “play” button:

<https://www.mindful.org/a-3-minute-body-scan-meditation-to-cultivate-mindfulness/>

SMART at Home Video Series

These are short video clips that show how you can regulate yourself and your kids at home, with no need for special equipment:

- “Space Station Blastoff” uses proprioception (muscles and joints):
<https://www.facebook.com/watch/?v=777701399427527>
- Gentle regulation while seated:
<https://www.facebook.com/SMARTMovesPartners/videos/2548836832022384/>
- Rhythm:
https://www.facebook.com/SMARTMovesPartners/videos/704728726740953/?q=smartmoves%2C%20llc&epa=SEARCH_BOX

Self-holding as quick way to ground yourself:

https://www.counsellingresources.co.nz/uploads/3/9/8/5/3985535/peter_levine_self_holding_exercise.pdf