**Helpful resources for trauma informed approaches & support:**

* Good resources for education colleagues - Google ‘What survival looks like in primary school’ and ‘What survival looks like in secondary school.’
* You Tube is a great resource! Search for:
  + Working with adversity & trauma – trauma informed practice - [North Somerset - Adversity & Trauma - YouTube](https://www.youtube.com/watch?v=gTZFlRY6peU)
  + ‘Why Do We Lose Control of Our Emotions? Kids Want to Know’(child-friendly explanation of how the brain works) [Why Do We Lose Control of Our Emotions? - YouTube](https://www.youtube.com/watch?v=3bKuoH8CkFc)
* Beacon House for lots more resources - <https://beaconhouse.org.uk/resources/> (‘The Window of Tolerance Animation - Beacon House’)
* Recovery College Online for information and resources for adults, young people, families and professionals - <https://www.recoverycollegeonline.co.uk/>
* The Compulsion to repeat the Trauma (re-enactment) - <http://www.cirp.org/library/psych/vanderkolk/>
* Centre of Excellence in Child Trauma - The Therapeutic Parenting Podcast - [Podcasts - Centre of Excellence in Child Trauma (coect.co.uk)](https://www.coect.co.uk/podcasts/)
* Books: We recommend anything by Kim Golding including ‘Nurturing Attachments: Supporting Children who are Fostered or Adopted’ or anything by Dan Hughes, Sarah Naish, Karen Treisman, Lisa Cherry and ‘How to Thrive in Professional Practice’ by Stephen Mordue. Also see up-to-date articles on Community Care.