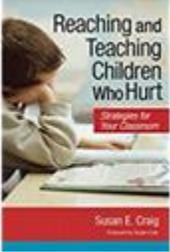
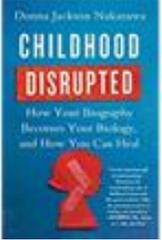




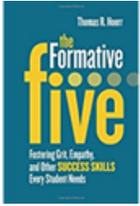
Trauma Informed Care Resource Library

The following books are available for use with staff members to provide readers with an increased understanding of trauma and resilience, self-care for educators, and strategies for implementing trauma-informed practices. For each book, there are resources available that include a suggested timeline, discussion questions, and the paperwork necessary to keep track of study sessions. Be sure to complete the paperwork attached for contact hour credit and submit to Joe Fabey when complete.

Book Title	Overview	Resources
<p><i><u>Reaching and Teaching Children Who Hurt</u></i> by Susan E. Craig</p>	<p>This book shows educators how to help students exposed to trauma, provides an overview of the related developmental issues, and offers ideas about how to engage children in a trauma-sensitive manner. Included are relevant scenarios of students who are struggling with specific academic and/or behavioral problems. Each chapter includes recurring sections “What You Know” and “What’s New” in the research on children exposed to violence, and sections titled “What Do You Think?” (quizzes with answers) and “What You Can Do” (bulleted lists of specific, detailed suggestions for teachers)</p>	 <p>Study Guide District Book Study Forms</p>
<p><i><u>Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal</u></i> by Donna Jackson Nakazawa</p>	<p>This book connects the dots between early life trauma and the physical and mental suffering so many live with as adults. The author describes the effects of one’s biography on mind, brain, and body, and highlights a step by step path to recovery. She shares stories from people who have recognized and overcome their adverse experiences, and shows why some children are more immune to stress than others.</p>	 <p>Study Guide (coming soon) District Book Study Forms</p>

The Formative Five: Fostering Grit, Empathy, and Other Success Skills Every Student Needs by Thomas R. Hoerr

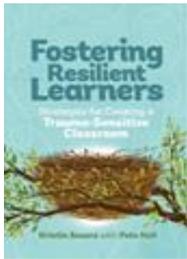
This book, written by a veteran school leader, shares how educators can teach the Formative Five skills of Empathy, Self-Control, Integrity, Embracing Diversity, and Grit to increase student learning outcomes, and build a positive culture and climate.



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Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom by Kristin Souers with Pete Hall

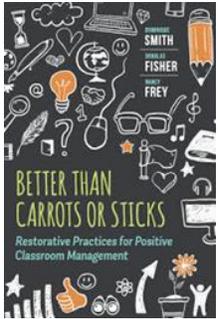
This book, written by a mental health therapist and veteran principal will guide educators in creating trauma-sensitive learning environments across all content areas and grade levels. The content covers understanding childhood trauma and its impact in the classroom, building relationships in a safe space, understanding personal beliefs about behaviors, and the importance of self-care.



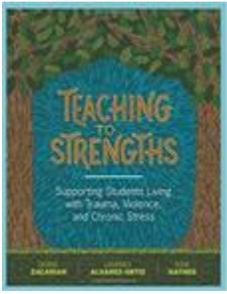
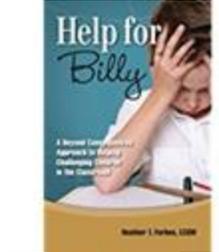
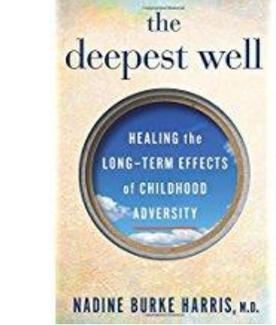
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Better Than Carrots or Sticks: Restorative Practices for Positive Classroom Management by Dominique Smith, Douglas Fisher, Nancy Frey

This book discusses the aspects of traditional versus restorative approaches to classroom discipline and provides a practical blueprint for creating a cooperative and respectful classroom climate where students and teachers work through behavioral issues together. The authors provide a comprehensive overview of the roots of restorative practices and explain how to establish procedures and expectations that develop positive interpersonal skills; develop non-confrontational rapport with students; and implement conflict-resolution strategies prioritizing relationship building and mutual understanding.

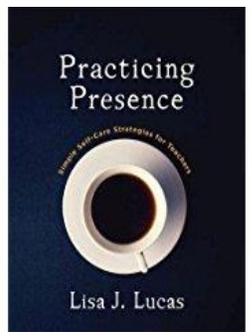


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<p><u><i>Teaching to Strengths: Supporting Students Living with Trauma, Violence, and Chronic Stress</i></u> by Debbie Zacarian, Lourdes, Alvarez-Ortiz, Judie Haynes</p>	<p>This book is written from a strengths-based perspective and provides a comprehensive, collaborative approach for building teaching practices that support students’ strengths, resiliency, and academic achievement for all populations preK-12. It uses real-world examples as well as research-based principles to identify students’ inherent assets; connect to students’ experiences through instructional planning and delivery; foster students’ strengths through the use of predictable routines as well as structured paired and small-group learning experiences; develop family and community partnerships.</p>	 <p>Study Guide District Book Study Forms Link to Webinar</p>
<p><u><i>Help for Billy; A Beyond Consequences Approach to Helping Challenging Children in the Classroom.</i></u> By Heather T. Forbes</p> <p><i>Corresponding Study Guide available for checkout with Book</i></p>	<p>This book presents insights and solutions for anyone working with children, especially those who are living with and through trauma. It provides methods and strategies for anyone to understand, support, and teach challenging and easily frustrated children.</p> <p>The corresponding study guide will help readers dive deeper into their understanding of the concepts presented and work toward applying the strategies presented while encouraging great discussion.</p>	  <p>District Book Study Forms</p>
<p><u><i>The Deepest Well: Healing the Long-Term Effects of Childhood Adversity</i></u> by Nadine Burke Harris, M.D.</p>	<p>This book written by a pioneering physician discussed how childhood stress leads to lifelong health problems and strategies for breaking the cycle. Dr. Burke Harris describes how childhood stress changes our neural systems and uses storytelling to deliver scientific insight and share personal stories from children she treats. This book is for anyone who has lived through, or works with children who experienced or are experiencing a difficult childhood.</p>	 <p>Study Guide (coming soon) District Book Study Forms</p>

Practicing Presence: Simple Self-Care Strategies for Teachers by Lisa J. Lucas

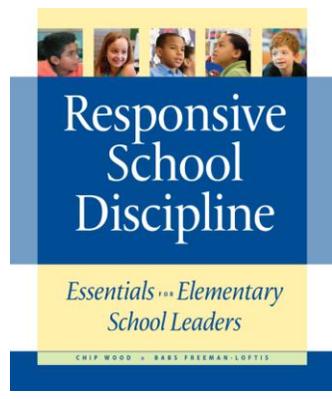
This book addresses the issue of teacher burnout and provides ideas and strategies for educators to move from *doing* to *being* present in the classroom. Every chapter includes self-care strategies exploring self-regulation, self-acceptance, and compassion in order to rise above the feelings of being overwhelmed and frustrated.



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Responsive School Discipline: Essentials for Elementary School Leaders by Chip Wood, Babs Freeman-Loftis

This guide for leaders and educators provides practical approaches and strategies for building safe, calm, and respectful school climates to ensure that students feel physically and emotionally safe, develop self-discipline, and learn skill sets for working and learning cooperatively with others. Each chapter targets one key discipline issue and provides an action step checklist for implementation. The book is divided into 3 parts; Setting the foundations of positive behavior, Responding to misbehaviors, and Discipline on the playground, in the hallways, and in the cafeteria.
*Because you may be interested in using all or part of this book depending on your specific needs, there is no study guide.



[District Book Study Forms](#)