



EveryChild
CALIFORNIA
 Association of Leaders
 Advancing Early Learning



Statewide Meeting
Hosted by the EveryChild California Northern Section:

Culturally Responsive Self Care Practices for Early Childhood Educators: How Self-Care is the #1 Trauma Informed Strategy to Support Healing Children

Special Guest: Julie Kurtz, Julie Kurtz Consulting

Decades of research demonstrates that early childhood educators’ ability to develop consistent, attuned and responsive relationships with children is an essential factor in high quality early learning programs. Remaining responsive and self-regulated with young children, especially those who are impacted by trauma and present complex and challenging behaviors, is a critical responsibility of early childhood educators. Yet, even the most committed and skilled professionals may struggle to provide caring and responsive care if their own stress response systems are continually triggered as they worry about paying their bills, supporting the children and families in their care, and managing all of the additional pressures currently being placed on the early childhood workforce (e.g., pressure to complete higher education degrees and participate in Quality Rating and Improvement systems and improve the quality of their programs through coaching, training, technical assistance and program evaluation from external raters). *Given these realities, it is essential that early childhood teachers learn about the importance of self-care. It is also paramount that the early childhood field moves towards creating programs, organizations and systems that are trauma-informed and wellness oriented.*

Location & Time:
September 25, 2020

→ **Webinar hosted via Zoom**
9:00 am – 1:00 pm

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