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# *Early Childhood Trauma Toolkit*

## by the Early Childhood Programs and Services Committee

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Welcome to the ALSC Early Childhood Programs & Services Committee Toolkit on Trauma.

This toolkit aims to inform librarians and library workers who work with youth about various traumas experienced by young children, identify their impact on communities with young children, and support families, caregivers, and educators working with young children who may have experienced trauma. In this toolkit, "young children" refers to the early childhood years of birth through age 8. "Trauma" is a vast subject, encompassing things such as trauma in the home, in public, in natural events, in public shootings, in the library, etc. Every situation is different, just as every individual is different. These resources are to help you get started understanding trauma's many impacts on people and being prepared for these situations. They will also help us understand how the young child's physical, social, emotional, and mental development is impacted and how we can assist them and their caregivers through this experience. The toolkit provides Books & Booklists, Podcasts, Videos, and Websites & Articles. Each topic then divides the resources into "for use with children," "for caregivers and/or families, and "for librarians and library workers"

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## Section 1: Books and Booklists

*Below are booklists of picture books for caregivers to share with children. Librarians and library workers may want to consult these booklists when preparing for reader's advisory on these topics. Compiled by the ALSC Quicklists Consulting Committee in December 2023.*

### For Use With Children

[When a Ddy'scat Trumpet is Hit by a Car](#). By Jon J. Muth. (Scholastic, 2020) When a ddy'scat trumpet is hit by a car, she turns to her friend Stillwater for help dealing with the loss. Based on a Buddhist story of healing.

[Balloons for Papa: A Story of Hope and Empathy](#). By Elizabeth Gilbert Bedia. Illus. by Erika Meza. (HarperCollins, 2021) Arthur, sensing his father's sadness, hatches a plan to bring joy into their lives, even for a brief moment of time.

[The Big Bad Wolf in My House](#). By Valerie Fontaine. Illus. by Nathalie Dion. Trans. by Shelley Tanaka. (Groundwood Books/House of Anansi, 2021) A girl and her mother must escape the increasingly violent big bad wolf who moves into their home. This book focuses on domestic violence from the perspective of a child. *Also available in French.*

[Cape](#). By Kevin Johnson. Illus. by Kitt Thomas. (Roaring Book, 2023) A young boy wears a cape to help him remember a loved one who has passed away. The cape provides comfort and helps him encourage others to embrace the sadness of loss and the joy in sharing memories.

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[Cry, Heart, But Never Break. By Glenn Ringtved. Illus. by Charlotte Pardi. Trans. by Robert Moulthrop \(Enchanted Lion, 2016\)](#) In order to protect their ill grandmother, four siblings try to distract Death from doing his work. Death, being patient with the children, shares a story and teaches them the importance of life and how to say goodbye.

[Finding Papa. By Angela Pham Krans. Illus. by Thi Bui. \(Harper, 2023\)](#) Mai has no idea where her father went or when she will see him again. Maybe she never will. Then, she and her mother leave their home and country in search of him, navigating daunting terrain and not knowing whom to trust.

[Goodbye: A First Conversation about Grief. By Megan Madison and Jessica Ralli. Illus. by Isabel Roxas. \(Rise x Penguin Workshop, 2023\)](#) By exploring open-ended questions about grief and death, this book helps caregivers facilitate important conversations with young people.

[In Every Life. By Marla Frazee. \(Beach Lane, 2023\)](#) Everyone's life is full of love and loss, hope and joy, mystery and wonder. This book captures and honors the wide range of emotions and the common feelings that we experience over our lifetimes.

[The Longest Letsgoboy. By Derick Wilder. Illus. by Cátia Chien. \(Chronicle, 2021\)](#) Told by the dog himself, this story follows a little girl and her dog as they take a final journey together. Readers see and hear the dog's happiness and unique "descriptions" of all that he has experienced during his lifetime. *Also available in Korean.*

[Love, Max and Teddy. By Deborah November. \(Paw Prints, 2022\)](#) Max has fun with his teddy bear and his grandad, who he lives with, but he misses his mom. At Grandad's urging, Max writes her letters. Backmatter includes tips from a clinical psychologist on helping children deal with absent parents. *Also available in Spanish.*

[Milo Imagines the World. By Matt de la Peña. Illus. by Christian Robinson. \(Putnam, 2021\)](#) A boy named Milo travels the subway with his older sister to visit their mom in prison. During their train ride, Milo draws pictures, observing the people around him and imagining their stories, creating a special surprise for his mom. *Also available in Chinese, Japanese, and Spanish.*

[My Brother Is Away. By Sara Greenwood. Illus. by Luisa Uribe. \(Random House Studio, 2022\)](#) A young girl encounters tough emotions, dealing with a complicated relationship with her older brother, who is away in jail. When kids at school gossip and the family makes the long trip to the prison, she questions if other kids have the same issues and feelings. Inspired by the author's real-life experience.

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[Powwow Day. By Traci Sorell. Illus. by Madelyn Goodnight. \(Charlesbridge, 2022\)](#) River is recovering from an illness, which makes her unable to dance in her powwow. By joining together with her community, she finds connection, support, and healing.

[Rain before Rainbows. By Smriti Prasad-Hallis. Illus. by David Litchfield. \(Candlewick, 2020\)](#) A young child encounters obstacles big and small, yet accompanied by her animal friend, overcomes the sadness and fear she sees and feels. *Also available in Chinese and Dutch.*

[The Remember Balloons. By Jessie Oliveros. Illus. by Dana Wulfekotte. \(Simon & Schuster](#)



## For Caregivers and/or Families

[Childproof](#). A podcast that “brings us conversations and stories with fellow parents and experts on how to navigate this whole parenting thing — especially the shifts that happen within ourselves.” Episode topics include grief, resiliency, honesty, ranges of emotions, and more.

Pfitzer, Sally. *The Brain Architects*. Center on the Developing Child at Harvard University, <https://developingchild.harvard.edu/collective-change/communicating-the-science/the-brain-architects-podcast/>.

Organized by topic, the resources take between 4-10 minutes to complete together with most videos 1-3 minutes long.

"Traumatic Experiences" *Sesame Street in Communities*, Sesame Workshop, et al., 10 Feb. 2020, <https://sesamestreetincommunities.org/topics/traumatic-experiences/>.

[Basic Information about Trauma | Center for Parent Information and Resources \(parentcenterhub.org\)](https://parentcenterhub.org). A compilation of resources (articles, research, and videos) on trauma, ACEs, resiliency, and supporting young children in need. Resources are also available in Spanish and other languages.

"Basic Information About Trauma." *Center for Parent Information and Resources*, Sept. 2018, <https://www.parentcenterhub.org/trauma-basics/>.

## For Librarians and Library Workers

[Trauma Informed Approach in Libraries](#). An hour-long webinar on how librarians and library



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[Resources for Parents](#) from American Academy of Child & Adolescent Psychiatry  
[Resources on Trauma for Caregivers and Families](#) from Child Welfare Information Agency  
[Trauma & PTSD: Articles for Caregivers](#) from Child Trauma Academy

## For Librarians and Library Workers

[Attachment Vitamins: Interactive Course on Early Childhood Attachment, Stress, and Trauma](#) from The National Child Traumatic Stress Network (NCTSN)

[Do What We Do Best: Advice from a Child Welfare Expert](#) from the blog of the Association of Library Services to Children (ALSC)

[Early childhood educators learn new ways to spot trauma triggers, build resiliency in preschoolers](#) from ACES Too High

[Holmes, C., Levy, M., Smith, A., Pinne, S., & Neese, P. \(2015\). A Model for Creating a Supportive Trauma-Informed Culture for Children in Preschool Settings. Journal of Child & Family Studies, 24\(6\), 1650– 1659.](#) Retrieved from EBSCOhost database.

[Institute for Learning and Brain Science \(I-LABS\)](#)

[Moving Towards Healing: A Trauma-Informed Librarianship Primer](#) from ARCLog: a blog of the Association of College and Research Librarians (ACRL)

[PACEs Science 101](#) from ACES too High

[Trauma Informed Libraries Libguide](#) from Capital District Library Council

[The Trauma Informed Library](#) from the blog of the Association of Library Services to Children (ALSC)

## Further Points to Ponder

There may be other organizations within your community that may have additional localized resources on trauma. Here are suggestions for types of organizations you may want to look into, listed in alphabetical order.

211 services

Behavioral health centers

Early intervention services

Family Centers

Health Equity Zones / State Department of Health

Organizations that offer parenting classes

Pediatricians or pediatric care facilities

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## School resource centers

*The Early Childhood Programs and Services Committee will be responsible for reviewing this toolkit annually to ensure the updated versions of these resources and operable links are provided. Please share additional suggestions, updates, or thoughts to [ecpsalsc@gmail.com](mailto:ecpsalsc@gmail.com).*