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## To Dig Deeper...

### Resources on Resilience

- Harvard Center on the Developing Child  
<http://developingchild.harvard.edu/resourcetag/resilience/>

This link will take you to a large number of videos, multimedia and articles on resilience; check out additional sections on toxic stress and executive functions on the site, too!

- Harvard Center on the Developing Child  
<https://developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/>

This is the Activity Guide for Enhancing Executive Function Skills for children birth through adolescence.

- Devereux Center for Resilient Children  
<http://www.centerforresilientchildren.org>

Great short videos about resilience and strategies focusing on self-regulation, including lots of professional development.

- Zero to Three  
<https://www.zerotothree.org/resources/357-building-resilience>

Information and resources about resilience geared to infants and toddlers.

- Dr. Ann Masten (author of the book *Ordinary Magic* mentioned in presentation, published in 2015): “Inside Resilient Children” (PopTech talk on YouTube):

<https://www.youtube.com/watch?v=GBMet8olvXQ>

If you don't have time to read Dr. Masten's book, this is a great introduction to her theory and research, in an accessible video.

- ACES Study Information  
<http://vetoviolence.cdc.gov/apps/aces/>

Find out more about the ACEs Study, and what experts have learned from it.

- Gartrell, D., & Cairone, K. B. (2014). Fostering resilience: Teaching social-emotional skills. *YC Young Children*, 69(3), 92-93.

Article in NAEYC's *Young Children* magazine gives a great overview of resilience in the EC classroom.

- Galinsky, E. "Words matter: Moving from trauma-informed care to asset-informed care." *Young Children*, 75, no.6 (2020): 46-55.

Article in *Young Children* about the importance of seeing children's strengths, whether we believe that they are vulnerable because of family circumstances or not. Practical strategies, including about teachers' own resilience.

## Resources on Family Substance Use Disorders

- Sesame Street in Communities  
<https://sesamestreetincommunities.org/topics/>

Sesame Street offers videos for kids, and many resources for teachers and parents on a wide range of topics including family substance use disorders, incarceration, trauma and resilience.

- National Association for Children of Addiction  
<https://nacoa.org>

NACoA, which consulted on the Sesame Street videos on SUD, also offers many other resources for teachers and families.

- National Institute on Drug Abuse: *Principles of Substance Abuse Prevention for Early Childhood Professionals*.  
<https://www.drugabuse.gov/publications/principles-substance-abuse-prevention-early-childhood/principles-substance-abuse-prevention-early-childhood>

Download an extensive, research-based guide for people working with young children. Other resources on SUD are available on NIDA's website as well, including many videos.

- *Let's Talk: What Kids Need to Know about the Grown-Up Problem of Addiction*  
<https://youtu.be/eAxkoFBdAwg>

William C. Moyers and Jerry Moe, two leading experts from Hazelden Betty Ford Foundation, discuss the Sesame Street initiative on substance use disorder and resources for young children living with SUD.

## Newer Book Resources on Trauma

***Trauma-Responsive Strategies for Early Childhood*** by Katie Statman Weil (Redleaf Press, 2020)

***Trauma and Young Children: Teaching Strategies to Support and Empower*** by Sarah Erdman and Laura Colker with Elizabeth Winter (NAEYC, 2020)

***Happily Ever Resilient: Using Fairytales to Nurture Children Through Adversity*** by Stephanie Goloway ([Redleaf Press](#), 2022) \*Scan the QR code for a free download of the bonus chapter, "Beauty and the Beast: The Magic of Believing in Yourself"

