



Links to Resources Referenced in Video
Taking Care of Yourself so You Can Care for Others

Responding to Trauma and Supporting Resilience, OCALI, Center for the Young Child, Suite of Resources module, <https://cycsuite.org/m/210>

OCALI Book Study

Take Time for You: Self-Care Action Plans for Educators by Tina H. Boogren

https://www.ocali.org/project/asd_book_studies

Erdman, S., Colker, L.J., Winter, E.C. (2020). *Trauma & Young Children: Teaching Strategies to Support & Empower*. The National Association for the Education of Young Children.