

Workshops for Parents

The Tiny Tips team also offer workshops to parents.

Little People, Big Feelings

This two hour workshop looks at:

- How to help children recognise and regulate their emotions.
- How stress affects the brain and what happens when children (and adults) feel overwhelmed.
- Ways of helping reduce children's feelings of stress, things to say and do to help children feel calm.
- The impact of this on adult caregivers and ways for parents (and Early Years Practitioners) to make sure they are looking after themselves.

"I learned to guide my child to use words rather than snatching/lashing out."



Introduction to Trauma for Parents

This workshop is made up of two, one and half hour sessions, that take place a fortnight apart:

- Part 1: What trauma is and how it affects children's development and behaviour.
- Part 2: The impact on parents and how to look after themselves to be emotionally available for their children and help them recognise and regulate their emotions.

"I learned how to get children to name what they are feeling to help with how they're feeling and the subsequent behaviour"

Contact us

If you would like to contact us, please email:

Email: whh-tr.tinytips@nhs.net.

Website: <https://www.islingtoncs.org/itips>



Tiny TIPS

Trauma Informed Practices
Islington Early Years

iTIPS

Supporting Islington
Trauma Informed Practices



Tiny TIPS
in early years

What is Tiny Tips?

Tiny Tips stands for trauma-informed practices in Islington Early Years settings. We are CAMHS clinicians working with children's centres and nurseries to increase awareness about the prevalence of trauma; what it is and how it affects children's emotional wellbeing and behaviour.

Why are we doing it?

Trauma is something that is widespread and affects many of us, adults and children alike. We use the word to refer to the impact that adverse experiences (like parental separation and conflict, community violence, illness, poverty, abuse, racial discrimination and loss) can have on our relationships and our ability to manage emotions and behaviours.

Children are particularly vulnerable to trauma because their brains and personalities are still developing. Equally we know that if children have caring adults around them, this can help them to feel safe enough to develop and thrive.



What we offer

Children's centre staff receive training in complex developmental trauma and in the Attachment Regulation and Competency (ARC) framework, a way of working with children who have experienced trauma to help close the gap with children who have had an easier start in life.

The children's centre receive two years of follow up support to embed the ideas from the training in their practices and make their settings more trauma-aware. This includes support to set up and run a Tiny Tips working group in the children's centre where trauma-informed actions and developments are reviewed.

Tiny Tips clinicians also offer training and follow up support to nurseries in the private and voluntary sector and to other professionals.

Training for Professionals

Introduction to Complex Developmental Trauma

This training looks at what trauma is, examines how trauma affects the brain and how it impacts children and adults' behaviour and emotions.

Attachment Regulation and Competency (ARC) Training

This training introduces the ARC framework as a way of working with trauma.

Watch Me Play

This training introduces a therapeutic approach developed by Dr Jennifer Wakelyn that promotes child-led play, individual attention from practitioners, and talking with children about their play.

"I found this training very interesting; it made me think about children that I have worked with over the last 17 years. I've made links with things I've implemented and how much more the ideas helped than I thought they did originally"