



ITTI Care Project Cohort Overview: Building Capacity for Trauma-Informed Infant and Toddler Child Care

ITTI Care Project Goal and Activities:

Build a professional development framework for the infant/toddler child care workforce across the state of North Carolina to promote trauma-informed child care

- Project staff will train and support early childhood professionals providing coaching (technical assistance, consultation, mentoring, practicum support, etc.) to effectively promote trauma-informed child care in their current roles
- Coaches will, in turn, train and coach teachers, family child care home professionals and child care administrators to:
 - 1) Promote understanding of the impacts of stress and trauma on infants and toddlers
 - 2) Develop skills to form supportive, resilience-building relationships and learning environments
 - 3) Identify strategies to support child care provider health and well-being

This model will leverage the existing North Carolina early care & education workforce support system to expand and strengthen trauma-informed knowledge and practice within the communities they serve

A child care system with a trauma-informed approach is one in which adults at all levels:

- Create and maintain an environment of care for staff that:
 - increases staff wellness, resilience and **compassion satisfaction**
 - addresses and **reduces** secondary traumatic **stress** and compassion fatigue
- **Engage** in efforts to (1) **minimize stress** and (2) **strengthen** the **resilience** and **protective factors** of ALL enrolled children and their families
- **Communicate** and **collaborate** with **families, professionals, and communities** to establish and **nurture** supportive relationships
- **Provide information** to staff and families on potential impacts of exposure to trauma and stress, along with strategies to promote healing
- **Support families** in learning about and accessing community resources for screening, assessment, intervention, and meeting child and family needs
- **Reflect individually and collectively** on how power, privilege, values, history, beliefs, culture and experiences of trauma impact relationships, wellness, behavior and coping strategies
- Demonstrate a **commitment** to the *Diversity-Informed Tenets for Work with Infants, Children and Families*, and the *NAEYC Position Statement on Advancing Equity in Early Childhood Education*
- Implement strategies to **prevent** adverse childhood experiences and promote resilience and healing using a **universal precaution approach**.



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CHILD & FAMILY
POLICY

Visit our webpage to learn more: <https://sites.sanford.duke.edu/itticare/>

ITTI Care Project Theory of Change

Trauma-Informed Child Care requires relationship-based, culturally responsive, attuned practices & policies that foster responsive relationships, reduce stress, & promote self-regulation skills & protective factors for adults & children



<p>By strengthening capacity for trauma-informed practices at the organization level, ITTI Care will promote positive workplace climates that reduce stress & foster wellness for coaches who provide support to the child care community</p>	<p>By promoting a positive workplace climate & providing ITTI Care Project training & coaching, ITTI Care will strengthen coach capacity to promote trauma-informed practices</p>	<p>By strengthening coach capacity to use & promote trauma-informed approaches in coaching directors, ITTI Care will build center director capacity for promoting relationship-based practices & reducing teacher stress</p>	<p>By strengthening center director and FCCH professional capacity to prioritize trauma-informed practices & policies & by providing training & coaching to teachers & FCCH, ITTI Care will strengthen teacher/FCCH capacity to provide relationship-based, culturally responsive, & attuned care</p>	<p>By strengthening teacher and family child care home professional capacity for trauma-informed practice, ITTI Care will support teachers/FCCH to provide responsive relationships, reduce sources of stress in the child care environment, & teach & strengthen children's self-regulation skills</p>	<p>By strengthening co-regulation in child care environments, ITTI Care will promote the development of healthy stress response systems & protective factors—the foundations of resilience</p>
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