Resources. Number 2.

Short videos with insights and advice from clinicians and therapists on how increasing your understanding of childhood trauma and the brain enables you to help a child or young person in your care.

[How research can help foster carers - UKTC (uktraumacouncil.org)](https://uktraumacouncil.org/resource/how-research-helps-foster-carers)

What is traumatic bereavement a guide for schools. Useful PDF to support schools.

[Traumatic-Bereavement-Schools-Guide-v02-UKTC.pdf (uktraumacouncil.link)](https://uktraumacouncil.link/documents/Traumatic-Bereavement-Schools-Guide-v02-UKTC.pdf)

Evidence-based guidance for practitioners working therapeutically with children and young people. Articles, practical guidance and short videos.

[Traumatic bereavement for practitioners - UKTC (uktraumacouncil.org)](https://uktraumacouncil.org/resources/traumatic-bereavement-for-practitioners)

Childhood trauma and the brain.

This resource is designed to help professionals and carers understand the latest neuroscience research on childhood abuse and neglect, with insights and advice from clinicians, teachers, and social workers on how to put your learning into practice.

[Childhood Trauma and the Brain - UKTC (uktraumacouncil.org)](https://uktraumacouncil.org/resources/childhood-trauma-and-the-brain)

Early childhood and the developing brain.

Short useful articles

[Early childhood and the developing brain - UKTC (uktraumacouncil.org)](https://uktraumacouncil.org/resource/early-childhood-and-the-developing-brain)

Early years.

[Early years staff wellbeing: a resource for managers and teams | Early Years in Mind | Anna Freud Centre](https://www.annafreud.org/early-years/early-years-in-mind/resources/early-years-staff-wellbeing-a-resource-for-managers-and-teams/?mc_cid=cbeffa41a4&mc_eid=b332201d05)

Working with babies, young children and families on a digital platform.

[Digital Platforms to Support Babies, Young Children & Families | Early Years In Mind | Anna Freud Centre](https://www.annafreud.org/early-years/early-years-in-mind/resources/working-with-babies-young-children-and-families-on-digital-platforms/)

PELICAN: Promoting Emotional Literacy in Children with Additional Needs

PELICAN is our framework, story, guidance, and resources to support children and young people with additional needs, particularly learning disabilities, learn skills in noticing and coping with feelings and thoughts, building relaxation skills, and problem-solving/flexible thinking skills.

[PELICAN | Foundation for People with Learning Disabilities](https://www.learningdisabilities.org.uk/learning-disabilities/our-work/employment-education/pelican)

Healthy and unhealthy coping strategies toolkit. Two toolkits of resources for children and young people, helping them build healthy coping strategies and learn about unhealthy ones. 1 each for primary and secondary.

[Healthy and unhealthy coping strategies toolkit : Mentally Healthy Schools](https://mentallyhealthyschools.org.uk/resources/healthy-and-unhealthy-coping-strategies-toolkit/?utm_source=mhs&utm_medium=newsletter&utm_campaign=coping&utm_content=toolkit)