

Moving to another Foster Home



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### FOSTERING EARLY CHILDHOOD MENTAL HEALTH

Responsive Transitions Big and Small  
**May 12, 2021**  
**1:00 -2:30**  
 Trainer: Brenda Ursel, M.S. TBRI Educator

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Common Myth that results in worst transitions.

"Children are Resilient , they will be fine"

**Truth: Children are Fragile.**



We don't hurt someone just because they can heal. "

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### LET'S TALK DEVELOPMENTALLY



- The first five years of life are called the **critical** years.
- Based on what you have learned so far WHY? What happens the first five year of life?

**Please put your thoughts in the chatbox**

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**FROM A SECURE ATTACHMENT COMES**

- Solid sense of self and positive self esteem
- Sense of voice (efficacy) as the baby learns my voice matters and has power.
- Foundation of language.
- Foundation of cause and effect. I cry, you come.
- Empathy
- Mental Health
- Regulation of Emotion
- Sensory Integration
- The template for all future relationships




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**LIFTING THE VEIL**



- Trauma that occurs before language development is more damaging and destructive than that which occurs after language development.

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**HOW DO BABIES TELL YOU IT IS NOT OKAY?**

- Lethargy
- Extreme clinginess
- Fussy/Irritability
- Eating and digestive issues
- Sleep Issues
- High pitched cry
- Bowel issues
- Super reactive to change




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SO WHAT CAN WE DO?



**A LOT!!**

What I need  
For Transitions Big and  
Small

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**TRUST IS A PERSON  
SAFETY IS SENSORY  
FAMILIAR IS COMFORTING**

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**SMALL TRANSITIONS**

- Turn Wide! (Think Semi-truck )not Compact
- Set a timer, transition notice.
- Use songs , routines
- I love you rituals
- Use books, pictures as visual cues (Theclip.com)
- Visit. Lots of visits with you!
- Bring "loveys" transitional objects.
- Talk to me, reassure me. Make sense for me.




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LET'S GET NOSTALGIC FOR A MOMENT

Name that clip.

What time is it?

What does this mean to you?




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BIG TRANSITIONS

- Moving is the #3 most stressful event in an adults life. Imagine what it is to a child.
- Frequent moves trigger a shock, grief response- it is a neuro-physiological response.
- Remember the Body Keeps the Score.
- Before language and cognition. – Most harmful because there is no understanding or processing. It is all sensory.




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UPROOTING YOUR LITTLE SPROUT



**Protect your plant from physical damage**  
Being ripped out of the earth is traumatizing for many trees, shrubs and plants. Not all have the capacity to grow back immediately.

**It's important to minimize damage upon transplanting so the plant can focus on adapting instead of repairing.**

**Roots require special care**  
The most important roots in a plant are the tiny roots that connect directly to nutrients, water, and root fungi.

Three factors trigger plants to go into shock when transplanting:

1. Damage and wounds to roots and branches,
2. Lost roots
3. A new growing environment.

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- Transfer of trust/attachment from the child's "secure base" to a new person.
- Warm transition between families (No Rip and Drop)
- Safety- predictability- Familiarity
- Routines- Rituals – Consistency
- Protect their roots and "familiar surroundings"
- Expect some withering (grief) before renewed growth.
- Give voice to their story and trauma. Validate it.

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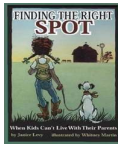
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### REVIEW OF RESOURCES

1. ACRF Transition Packet Parent to Parent Worksheet
2. Deborah Gray Transition Guide by age. (From the book Nurturing Attachments)
3. Books and Stories




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