

Mental health in infancy and early childhood affects social functioning, psychological well-being, and physical health throughout life.

New Resources in Saskatchewan Prevention Institute's Loan Library

The following are new resources related to Early Childhood Mental Health that are available through the Saskatchewan Prevention Institute's Loan Library. DVDs can be borrowed for 2 weeks. The Prevention Institute will pay for the cost of shipping the items to you, but you are responsible to pay for the shipping back to us.

8-V-814 Challenging Behaviors in Young Children.

Techniques and Solutions (50 minutes)

Edvantage Media Group, LLC (2004)

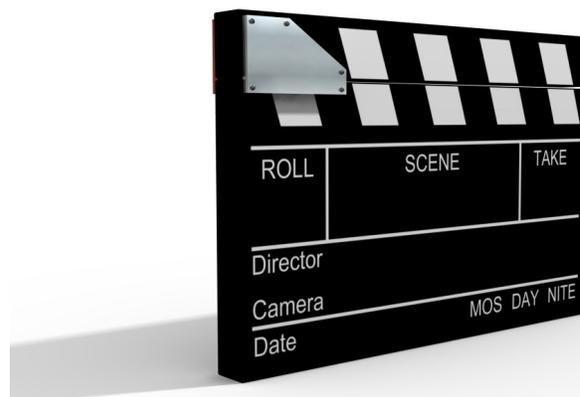
This DVD highlights expert information from two books *Challenging Behaviors in Early Childhood Classroom Settings: Creating a Place for all Children* and *Addressing Challenging Behavior in Early Childhood Settings: A Teacher's Guide*. The DVD uses footage from a day care setting to highlight concepts that are introduced by experts throughout the film. Special attention is paid to methods that can be used to teach young children how to problem solve. This DVD would be of interest to both parents and Early Childhood Educators.

8-V-808 The Art and Science of Transplanting Children. An eight-hour course for all those involved in raising children who were born to other parents.

(Eight presentation, 1 hour each)

Dr. Gordon Neufeld (2010)

This course explores the attachment needs of children and how these can become disrupted when a child is moved into a new environment. Each presentation is designed so that the material builds on the information learned in previous presentations. This course is suitable for anyone working with children or who is responsible for making policy decisions regarding children who are placed into care. This can be used for individual professional development or could be used as a series of one hour staff development sessions. Foster and adoptive parents will also benefit from this information.



8-V-810 Understanding Traumatized and Maltreated

Children: The Core Concepts featuring Bruce Perry

DVD - (Seven parts, 30 minutes each)

The Child Trauma Academy and Linkletter Films (2004)

This DVD consists of seven, half hour presentations focused on child maltreatment and trauma. Dr. Bruce Perry, from the Child Trauma Academy, presents information on the following topics:

- Challenging our beliefs
- The amazing human brain
- How the brain develops: The importance of early childhood development
- Neglect: How poverty of experience disrupts development
- The fear response: The impact of childhood trauma
- Living and working with traumatized children
- Violence and childhood

8-V-813 Heathy Baby Healthy Brain. Ready-to-use Workshop.

Facilitator's Handbook. (30 minutes)

Best Start (2012)

This DVD provides expert commentary, real life scenarios, and practical strategies for parents to help integrate the information that is being shared. A Facilitator's Guide is included that allows front line staff to use the video with groups of parents or on a one to one basis to introduce the importance of brain development. This workshop can also be used for professional development. The key messages of the workshop and DVD are "start early", "love builds brains", "play builds brains", "health builds brains", and "baby's world matters". This video complements the material that can be found at www.HealthyBabyHealthyBrain.ca.

8-V-805 Power to Parent: The Vital Connection with Gordon

Neufeld (Eight sessions, 1 hour each)

Neufeld Institute (2012)

In this DVD series, Dr. Neufeld examines the importance of the attachment relationship that children have with their caregivers being continued into adolescence. He discusses the difficulties that can occur if attachments to peers begin to compete with the attachment children have with their caregiver(s).

8-V-807 Common Challenges with Gordon Neufeld (Eight

sessions, 1 hour each)

Neufeld Institute (2011)

Dr. Neufeld discusses ways to address challenging behaviour in children while maintaining attachment relationships. The eight sessions are as follows:

- Thinking developmentally when facing challenges
- Recognizing the signs of trouble
- Living with a sensitive child
- Cultivating resilience in a child
- Leading an alpha child
- Disciplining a stuck child
- Putting the developmental approach into practice

8-V-809 The Six Core Strengths for Healthy Childhood Development featuring Bruce Perry

(7 parts, approximately 30 minutes each)

The Child Trauma Academy and Linkletter Films (2004)

In this DVD, Dr. Bruce Perry outlines the core strengths that if developed in early childhood help children to grow into creative, social, humane and caring humans. These core strengths are only expressed if a child is given opportunities to develop them. They include attachment, self-regulation, affiliation, attunement, tolerance, and respect.

8-V-811 The Neurosequential Model of Therapeutics. Practical Applications for Traumatized and Maltreated Children at Home, in the School and in Clinical Systems (8

parts, approximately 40 minutes each)

The Child Trauma Academy (2008)

This lecture series features Dr. Bruce Perry sharing information about the Neurosequential Model of Therapeutics. This series can be used for professional education. The series is separated into 8 parts as follows:

- The neurodevelopmental lens
- The response to threat
- Memory and processing
- Neurosociology: Relational neurobiology
- Neglect
- NMT: Principles
- Clinical applications of NMT

8-V-812 The Traumatized Child: Understanding the Traumatized Child (44 minutes)
Calvacade Production Inc. (2004)

This DVD is part of a video series, *The Traumatized Child*. In this video, experts, foster children, and foster care parents explain how abuse and neglect impacts children. Information is included on emotional and behavioural symptoms, describing coping strategies children use, and discussing ways to stabilize traumatized children.

8-V-802 The Secret Life of the Brain (Five episodes, 45 minutes each)
Thirteen/WNET New York (2001)
Distributed by PBS.

The following DVDs are part of a series entitled "The Secret Life of the Brain".

- Episode One. The Baby's Brain: Wider than the Sky
- Episode Two. The Child's Brain: Syllable from Sound
- Episode Three. The Teenage Brain: A World of Their Own
- Episode Four. The Adult Brain: To Think by Feeling
- Episode Five. The Aging Brain: Through Many Lives

This series examines brain development and function throughout the lifetime, from prenatal development to later life. Through personal stories, the series presents various diseases and disabilities, and describes the cutting edge research and knowledge about the brain that has occurred in response to these.

8-V-803 Making Sense of Play with Dr. Gordon Neufeld (130 minutes)
Neufeld Institute (2011)

This DVD explores what play is, the benefits of play, and why children need to play. Dr. Neufeld explains that play is not an option; it is a developmental requirement. Through various examples, he explores the three basic tenants of play: 1) Play is not work, 2) Play is expressive and exploratory, and 3) Play is "not for real".

8-V-804 Hold onto Your Kids with Dr. Gordon Neufeld (160 minutes)
Neufeld Institute (2005)

This DVD explores the importance of attachment in the development of children. In some cases, these relationships do not last for the length of time that children are still maturing. Often times, children turn their attachment relationship from caregivers to peers. However, peer relationships do not have the same benefits for the child as those with caregivers.

8-V-806 Helping Children Grow Up: An Eight Session Video Course Suitable for Personal or Group Study (Eight sessions, 1 hour each)
Dr. Gordon Neufeld (2008)

This DVD series is a sequel to "The Vital Connection". This course is recommended for professional development purposes and should be used in a consecutive fashion as each session builds on previous information. As suggested by the title, the DVD speaks to the topic of helping children grow up.

Sessions are broken down as follows:

1. Parents and the miracle of maturation
2. How to give children the rest they need to grow
3. Keys to independence, individuality and responsibility
4. How to help children become their own persons
5. Keys to resilience, resourcefulness and recovery
6. How to help children accept limits and adapt to circumstances
7. Keys to emotional and social maturity
8. Helping children become considerate and find their self-control

Please feel free to distribute this information to others. If you or someone you know is interested in the network, please contact Lee Hinton at lhinton@skprevention.ca.

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our goal is **healthy** children

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