

# EARLY EDUCATORS YOU ARE SUPERHEROES!

HERE ARE A FEW TIPS TO HELP SUPPORT THE AMAZING JOB YOU DO!



LEARN TO IDENTIFY THE SIGNS AND SYMPTOMS OF CHILDHOOD TRAUMA.

PROVIDE CONSISTENT ROUTINES TO HELP REDUCE STRESS.

SUPPORT CHILDREN TO ASK FOR HELP WHENEVER THEY NEED IT.

HELP CHILDREN LABEL AND DEFINE THEIR FEELINGS.

USE PHYSICAL ACTIVITY AS A TOOL TO HELP THEM RELEASE STRESS.

ENCOURAGE THEM TO FEEL PRIDE IN THEIR ACHIEVEMENTS.



FOR MORE INFO:



[BIDDEFORDREADY.ORG](http://BIDDEFORDREADY.ORG)



United Way  
of Southern Maine