



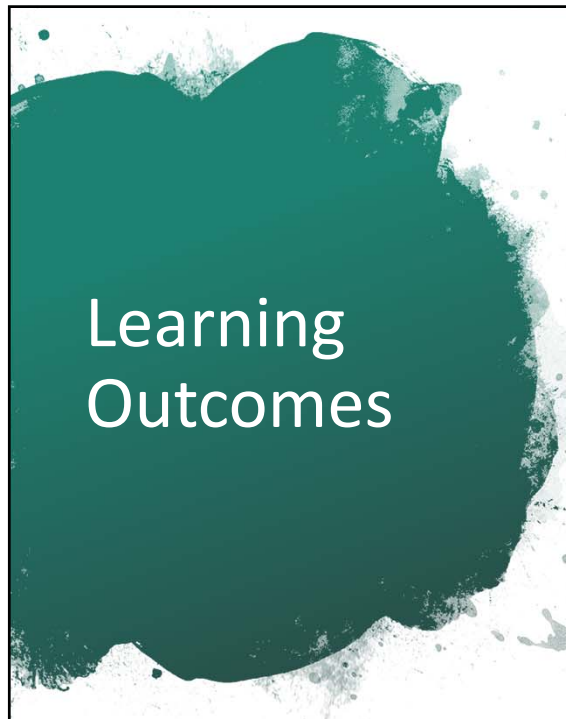
**— SAN DIEGO —
QUALITY
PRESCHOOL INITIATIVE**

Jena Kubiak

Kristen Krauss

**RESPONSIVE RELATIONSHIPS:
The Ripple Effect of Educator Resilience**

1



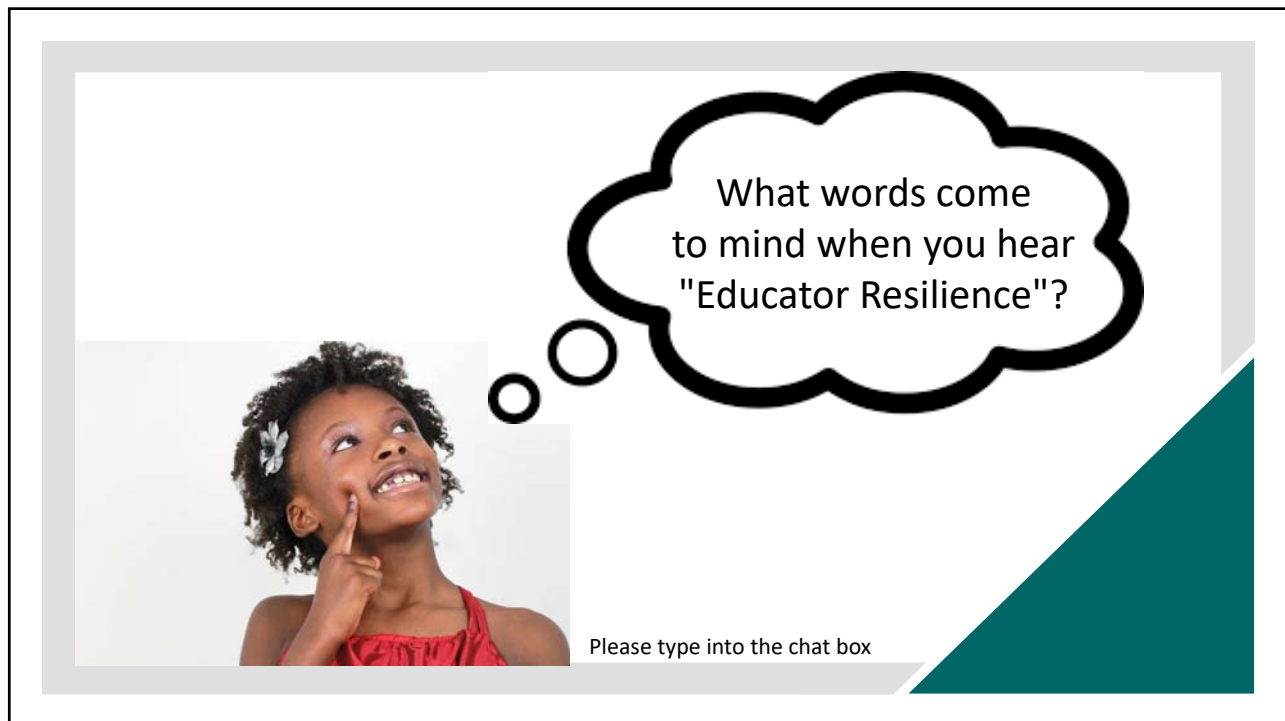
Learning Outcomes

- Understand the importance of fostering educator resilience through trauma informed self-reflection
- Learn trauma-informed self-care strategies in order to proactively self-regulate
- Gain insight into the connection between educator resilience and safe supportive environments for children

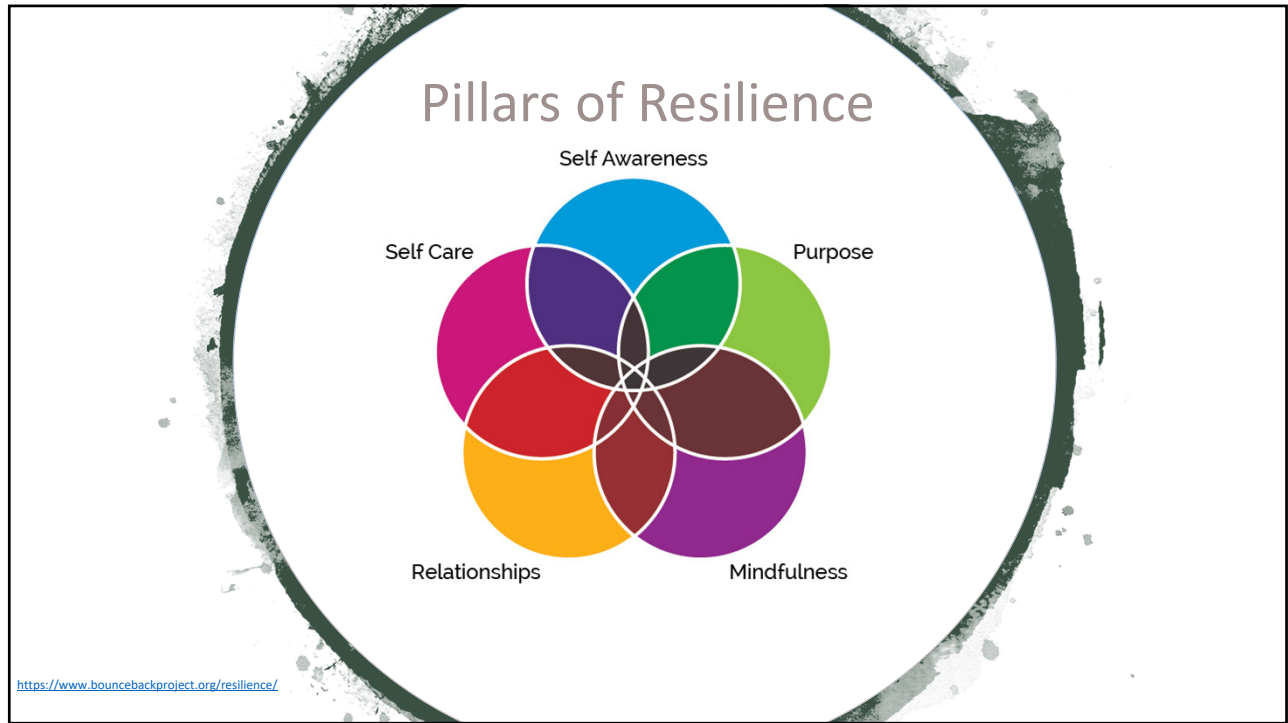
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Learning Brain VS Survival Brain

The video thumbnail shows two brains. The left brain is labeled 'Learning Brain' and has a graduation cap on top. The right brain is labeled 'Survival Brain' and has lightning bolts striking it. A red banner with 'VS' in a circle is between them.

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Pillars of Resilience

*“Feeling compassion for ourselves in no way releases us from **responsibility** for our actions. Rather, it releases us from the self-hatred that prevents us from **responding** to our life with **clarity** and **balance**.”*

—Tara Brach

<https://www.bouncebackproject.org/resilience/>

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Breaking Down the Self-Care Pillar



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graph TD; Proactive[Proactive] --> Recover[Recover]; Proactive --> Present[Present]; Recover <--> Present;
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"Self-care is giving the world the best of you. Instead of what's left of you."

- Katie Reed

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Closing Reflection

As an educator I don't always have control over the world around me, but I do have control over my tone, reaction, behavior and words.

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Thank you
<http://sdqpi.org/>



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