**Website Links:**

Gabor Mate film - [The Wisdom Of Trauma –](https://thewisdomoftrauma.com/)

TED talk by Nadine Burke Harris ‘How childhood trauma affects health across a lifetime’ - [Nadine Burke Harris: How childhood trauma affects health across a lifetime | TED Talk](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime)

Stuart Shanker centre for support and resources on self-regulation - [The MEHRIT Centre Home - Shanker Self-Reg ®](https://self-reg.ca/)

Center on the Developing Child at Harvard University for resources on resilience - [Resilience (harvard.edu)](https://developingchild.harvard.edu/science/key-concepts/resilience/)

Beacon House resources for trauma and adversity - [Resources (beaconhouse.org.uk)](https://beaconhouse.org.uk/resources/)

Anna Freud Early Years in Mind network for early years practitioners

[Early Years Practictioner Guidance | Babies, Young Children Mental Health & Wellbeing | Early Years In Mind | Anna Freud Centre](https://www.annafreud.org/early-years/)

**Further reading:**

The Wellbeing Leader: a positive leadership framework for early years – Linda Baston Pitt

A Guide to Mental Health for Early Years Educators: Putting Wellbeing at the Heart of your Philosophy and Practice – Kate Moxley

Developing a Loving Pedagogy in the Early Years – Tamsin Grimmer

Interacting or Interfering? Improving interactions in Early Years – Julie Fisher

Professional Love in Early Years Settings; a Report of the Summary and Findings – University of Sheffield

Promoting Emotional Wellbeing in Early years Staff – Sonia Mainstone-Cotton

Think Feel Do: A Wellbeing Handbook for Early Years Staff – June O’Sullivan and Lala Manners

Understanding Physical Development in the Early Years – Anne O Connor and Anna Daly

Understanding Transitions in the Early Years – Anne O Connor

Why Love Matters – Sue Gerhardt