



1

Later Today You'll Get



Recording of the webinar



Certificate of attendance



Link to the survey

2



operationparent

We are a nonprofit and it is our mission to love and support parents by providing real-world information, connection, and hope.

3

Upcoming Webinars

Hable temprano, hable con frecuencia

MADD y el Dr. Robert Turrisi

26 de agosto

Rompiendo el silencio

Cuidando tu mente

9 de septiembre

operationparent.org/webinars



4

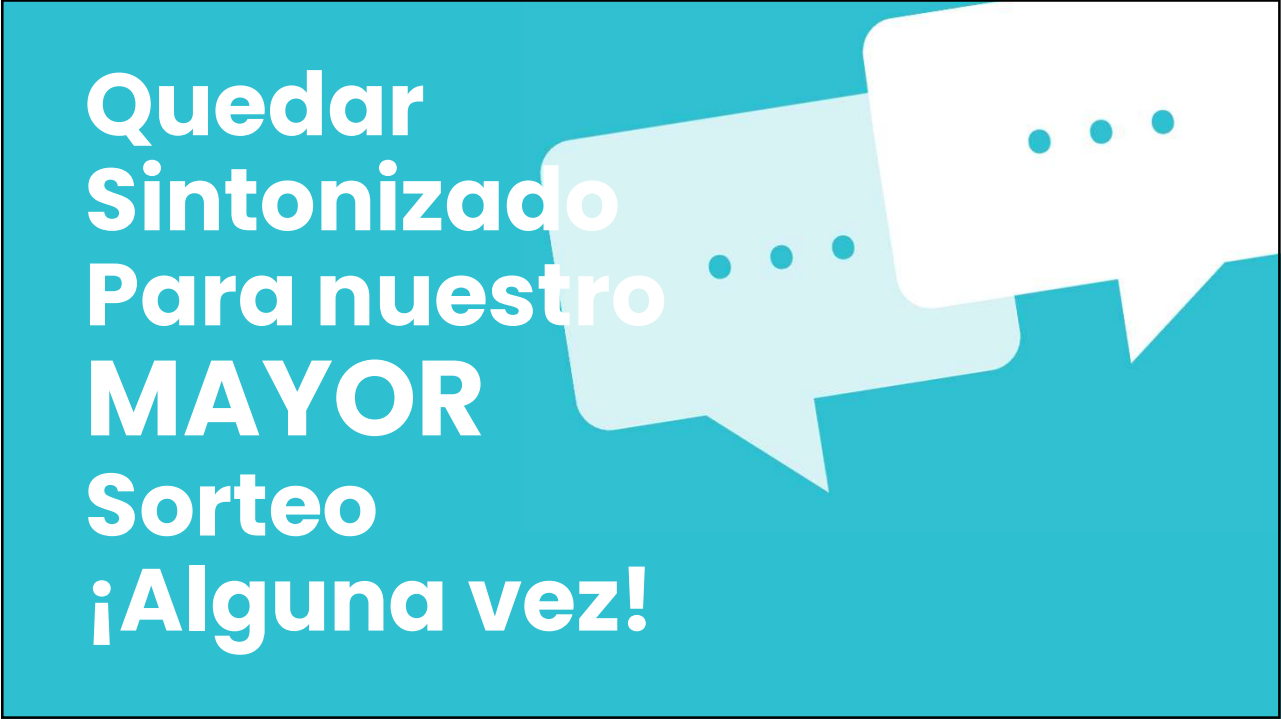


Ayudar a los jóvenes a sanar: apoyo a través de la adicción familiar, el trauma y el estrés

Trish Luna

Autor de Lambi aprende: un libro sobre prevención

5



Quedar Sintonizado Para nuestro MAYOR Sorteo ¡Alguna vez!

6

Trish Luna



- **Fundador:** Lambi Learns LLC
- **Autor:** Lambi Learns: Un libro sobre prevención © Lambi Learns: Un libro de trabajo sobre prevención © Lambi Learns: Un libro animado sobre prevención ©
- **Creador/Entrenador:** Academia Lambi Learns™. Capacita a los adultos para reconocer las respuestas al trauma y cómo enseñar herramientas de regulación para calmar el sistema nervioso de los niños.
- **Ponente:** Conferencias Nacionales, Podcasts, Webinars.
- **A través de Lambi,** espero mostrar lo poderoso que es ser fiel a tu corazón y ser una persona segura y confiable para alguien que lo necesita.
- **Conocida como Lulu** por mis nietos, llevo a mi familia, de sangre y elegida, cerca de mi corazón.

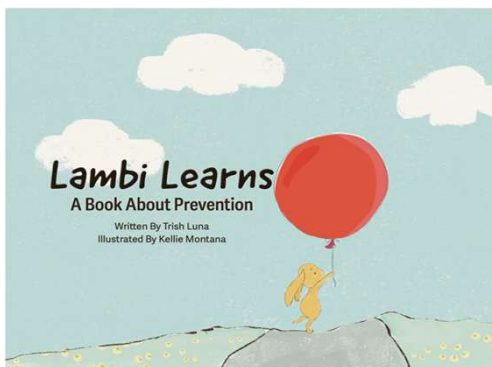


© Lambi Learns



7

Lambi aprende



- Un programa de prevención basado en el trauma diseñado específicamente para niños pequeños afectados por la adicción, el estrés o la inestabilidad familiar. Les brinda el lenguaje, las herramientas y el apoyo para comprender las cosas difíciles de manera que se sientan seguros y apropiados para su edad.
- Se centra en:
 - Conciencia emocional
 - Regulación emocional
 - Fomento de la resiliencia
 - Habilidades para la toma de decisiones
 - Educación preventiva



© Lambi Learns



8

Conclusiones clave

- 1 Reconocer cómo la adicción y otras tensiones crónicas aparecen en el estado de ánimo, el cuerpo y el comportamiento de un niño.
- 2 Equipe a los niños con herramientas de afrontamiento apropiadas para su edad para manejar las grandes emociones y sentirse más arraigados durante tiempos inciertos o estresantes.
- 3 Siéntase más seguro de su capacidad para responder con cuidado, comprensión y apoyo informado sobre el trauma, sin importar su papel en la vida de un niño.

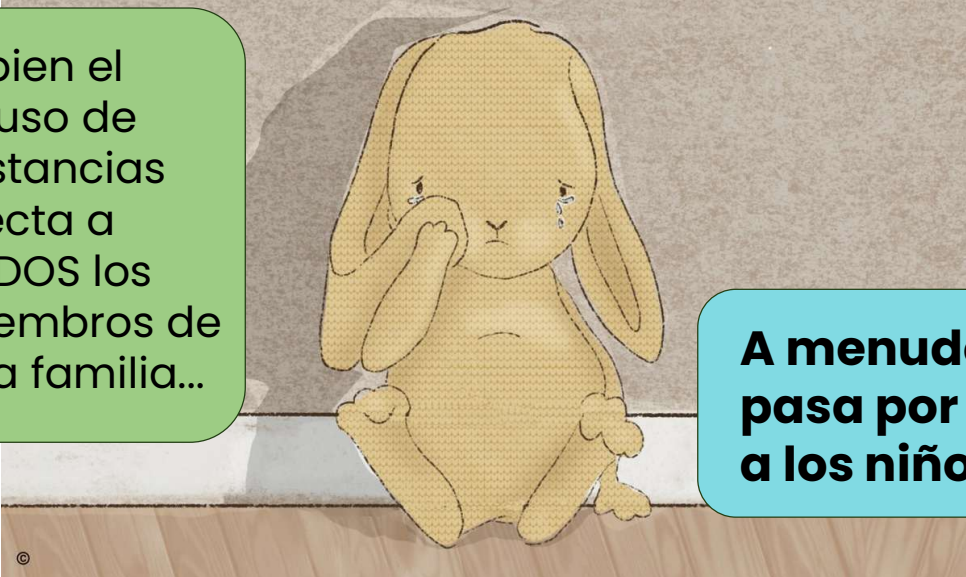
9



10

Si bien el abuso de sustancias afecta a **TODOS** los miembros de una familia...

A menudo se pasa por alto a los niños.



© Lambi Learns

operationparent

11

MI HISTORIA



MICKEY'S GRADUATION

1923

© Lambi Learns

operationparent

12

¿Qué crees que los niños recuerdan más de crecer en un hogar afectado por la adicción?

- A) Los hechos concretos que ocurrieron
- B) Las personas que intentaron ayudar
- C) Cómo los hicieron sentir los adultos
- D) Realmente no recuerdan mucho, todo se difumina

13

MI HISTORIA

**¡Repetimos lo
que no
reparamos!**

Mis campanas internas
decían:
"Esto es normal".



© Lambi Learns



operationparent

14

MI HISTORIA



Joe era bombero y oficial de policía.



© Lambi Learns

Era un ayudante.

operationparent

15

MI HISTORIA

**Nosotros
MIRÓ
como si lo
tuviéram
os todo.**



© Lambi Learns

operationparent

16

MI HISTORIA



© Lambi Learns

Las cosas NO siempre son lo que parecen

**Su SUD eventualmente
Tomar el control de nuestras vidas**

Probamos la "Solución geográfica"

**Nos mudamos a Tennessee ...
... Pero también lo hizo la enfermedad**



17

MI HISTORIA

**Incluso perdiendo sus
derechos sobre sus
hijos**

NO PARÓ

SU ENFERMEDAD



© Lambi Learns



18

MI HISTORIA

HOY, es mi hija la que ha perdido la suya



© Lambi Learns



19

MI HISTORIA

UN DÍA OSCURO EN OCTUBRE DE 2020



Maddie se derrumbó
a su maestro seguro y de
confianza

Su maestra cambió y salvó
su vida



© Lambi Learns



20

de Uso indebido de sustancias y ACE

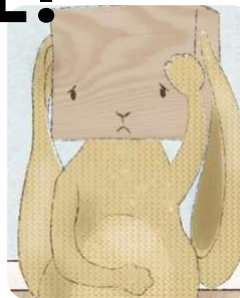


© Lambi Learns



21

¿Qué son las ACE?



**Adverso
Niñez
Experiencias**



© Lambi Learns

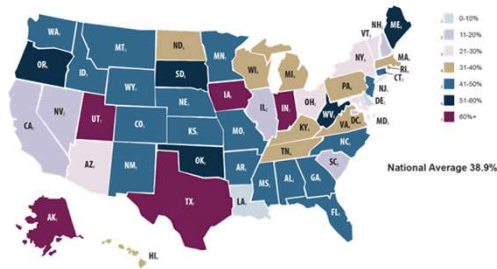


22

El famoso estudio de Fellitti ACE

La investigación ha encontrado que los hijos de padres con un trastorno por consumo de alcohol tienen un mayor riesgo de depresión, trastornos de ansiedad, problemas con las habilidades cognitivas y verbales y abuso o negligencia de los padres.

Parental Alcohol or Other Drug Abuse as an Identified Condition or Removal by State, 2019



Además, tienen 4 veces más probabilidades que otros niños de desarrollar síntomas de un trastorno por consumo de alcohol.*

Un estudio de JAMA Pediatrics que utiliza datos de la Encuesta Nacional sobre el Uso de Drogas y la Salud de 2023 estima que alrededor de 19 millones de niños estadounidenses, o 1 de cada 4, viven con al menos uno de los padres que tiene un SUD.



© Lambi Learns

* Anda, R. F., Whitfield, C. L., Felitti, V. J., Chapman, D., Edwards, V. J., Dube, S. R. y Williamson, D. F. (2002). Experiencias adversas en la infancia, padres alcohólicos y riesgo posterior de alcoholismo y depresión. *Servicios psiquiátricos*, 53(8), 1001-1009. * https://jamanetwork.com/journals/jamapediatrics/fullarticle/2833575?guestAccessKey=dc172854-df5c-4698-b7573416a9d5b53&utm_source=for_the_media&utm_medium=referral&utm_campaign=ftm_links&utm_content=tlfi&utm_term=051225



23

ACEs
TEST

Adverse Childhood
EXPERIENCES

1. Did you not have enough to eat, wear dirty clothes, had no one to protect/take care of you?
2. Did you lose a parent through divorce, abandonment, death, or other reason?
3. Did you live with anyone who was depressed, mentally ill, or attempted suicide?
4. Did you live with anyone who had a problem with drinking or using drugs?
5. Did your parents or adults in your home ever hit, punch, or threaten to harm each other?
6. Did you live with anyone who went to jail or prison?
7. Did a parent or adult in your home ever swear at you, insult you, or put you down?
8. Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?
9. Did you feel that no one in your family loved you or thought you were special?
10. Did you experience unwanted sexual contact?

Your ACE Score is the Total Number of Checked Responses

LAMB LEARNS

24

ACEs SCORE DISCUSSION



ACE Score of 0:

- 1.2 % HAVE ATTEMPTED SUICIDE
- 14.2 % TWO OR MORE WEEKS OF DEPRESSION
- 6.4 % HAVE USED ILLICIT DRUGS
- 2.9 % CONSIDER THEMSELVES AN ALCOHOLIC

ACE Score of 4+:

- 18.3 % HAVE ATTEMPTED SUICIDE
- 50.7 % TWO OR MORE WEEKS OF DEPRESSION
- 28.4 % HAVE USED ILLICIT DRUGS
- 16.1 % CONSIDER THEMSELVES AN ALCOHOLIC

Hay un aumento del 343% en el uso de drogas ilícitas de una puntuación de 0 a 4 ACE.

*** We Are Not Our ACEs Score**



© Lambi Learns

operationparent

25

Carga alostática

Imagina que todos los niños llevan una mochila.

- Cada vez que se enfrentan a una experiencia estresante o aterradora, una piedra va en la mochila.
- Una roca podría no ser demasiado pesada.
- Pero si las rocas siguen apilándose, día tras día, sin nadie que ayude a llevar el peso, la mochila se vuelve más pesada y más difícil de manejar.
- Eventualmente, comienza a afectar la forma en que se mueven, piensan, sienten y aprenden.

Esa es la carga alostática

Imagínese el peso del estrés crónico en el cuerpo, el cerebro y las emociones de un niño, especialmente cuando no hay tiempo para descansar, no hay herramientas para sobrellevarlo y no hay nadie que ayude a aligerar la carga.

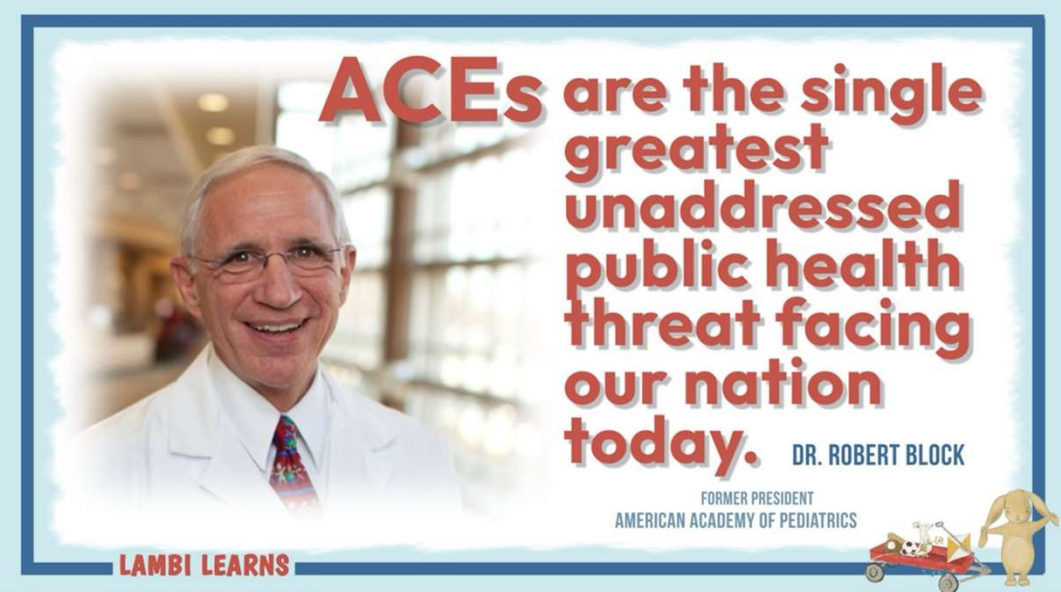



Todos podemos ser una persona segura y de confianza y ayudar a aligerar la carga

© Lambi Learns

operationparent

26



ACEs are the single greatest unaddressed public health threat facing our nation today. DR. ROBERT BLOCK

FORMER PRESIDENT
AMERICAN ACADEMY OF PEDIATRICS

LAMBI LEARNS

© Lambi Learns

operationparent

27

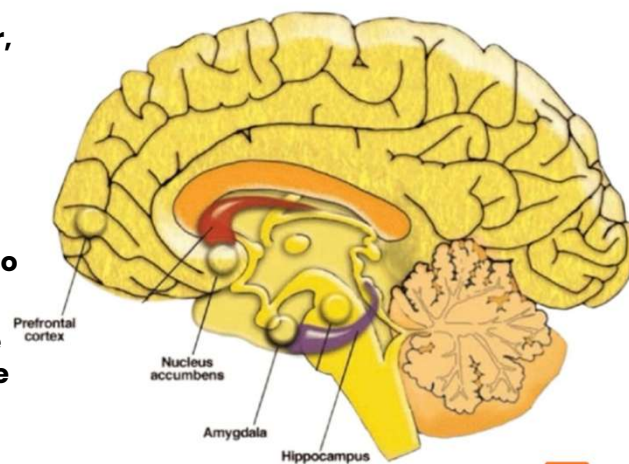
Partes del cerebro afectadas por el TRAUMA Y EL ESTRÉS CRÓNICO

Núcleo accumbens: el centro de placer, recompensa y adicción del cerebro

Amígdala: el sistema de regulación de "lucha o huida"

Hipotalámico-hipofisario-suprarrenal (HPA): regula el metabolismo, la respuesta inmune y el sistema nervioso autónomo (SNA)

Corteza prefrontal: regula el control de los impulsos y la función ejecutiva, que son áreas críticas para el aprendizaje



© Lambi Learns

operationparent

28

Cuando un niño se porta mal o se cierra, ¿cuál es su primer pensamiento? ¡Pon tu respuesta en el chat!

29

Reconocer las respuestas al trauma

El trauma es una lesión mental. Las respuestas al trauma son innatas; ocurren sin nuestra conciencia. Una reacción a una amenaza percibida se llama respuesta al trauma. Es un instinto de supervivencia; es reflexivo y automático.

Las cuatro palabras F

**LUCHA
CONTRA LA
HUIDA
CERVATILLO
CONGELADO**

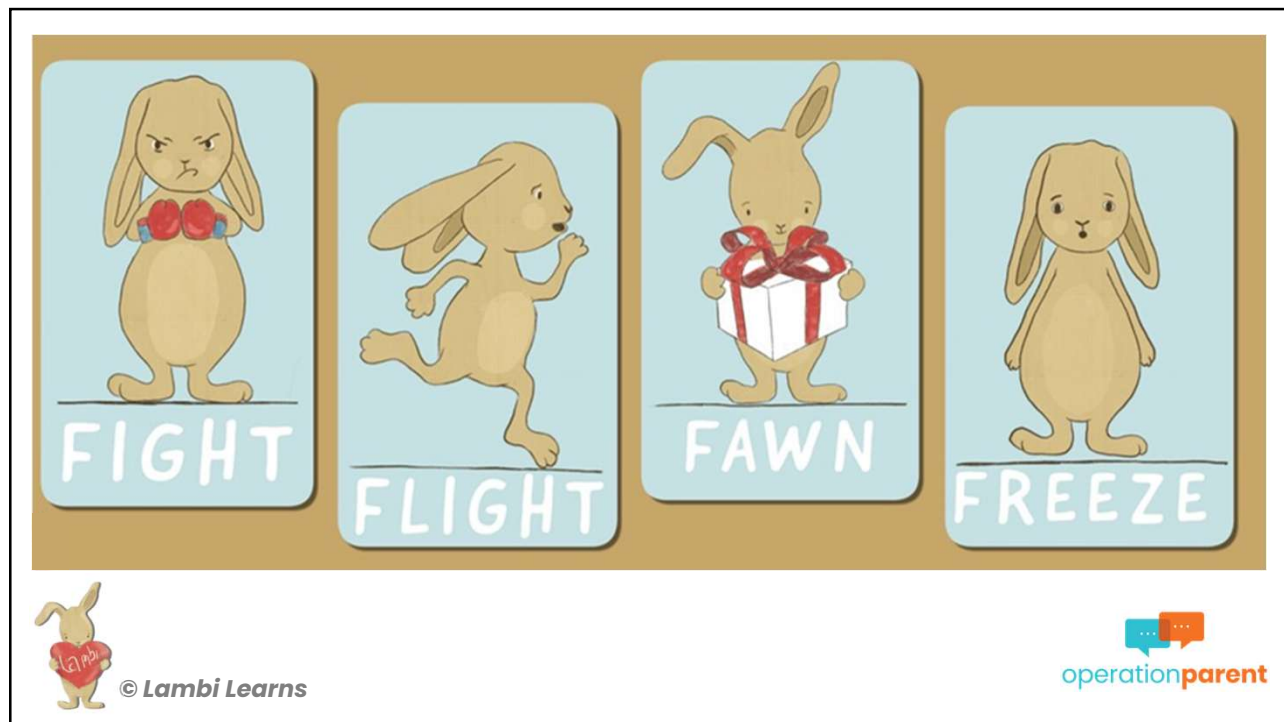
Cada una de estas acciones es una contraacción de supervivencia adaptativa, funcional y a corto plazo



© Lambi Learns

operationparent

30



31

4 respuestas físicas a la desregulación en el sistema nervioso

FIGHT	FLIGHT	FAWN	FREEZE
Intimidation	Darting eyes	Flattering others	Immobile
Rage Combative	Numb Withdrawal	Appease & please	Disassociation
Threatening	Disassociation	Easily controlled	Stiff Rumination
Dilated eyes	Zone out	Seeking approval	Overthinking
Anger Hostile	Isolation	Perfectionism	Numb Zone out
Bullying	Fearful Restless	No boundaries	Isolating
Defensive	Avoidance	Smiling Submissive	Feel heavy Stuck
Controlling	Fidgeting	Lack of Identity	Procrastination
Crying Worry	Tunnel vision	Co-dependence	Avoidance
	Panic Helpless	People pleasing	Unresponsive
		Laughing	Helpless

© Lambi Learns

operationparent

32



TECHNICAL REPORT

The Lifelong Effects of Early Childhood Adversity and Toxic Stress

abstract

Advances in fields of inquiry as diverse as neuroscience, molecular biology, genomics, developmental psychology, epidemiology, sociology, and economics are catalyzing an important paradigm shift in our understanding of health and disease across the lifespan. This converging, multidisciplinary science of human development has profound implications for our ability to enhance the life prospects of children and to strengthen the social and economic fabric of society. Drawing on these multiple streams of investigation, this report presents an ecobiodevelopmental framework that illustrates how early experiences and environmental influences can leave a lasting signature on the genetic predispositions that affect emerging brain architecture and long-term health. The report also examines extensive evidence of the disruptive impacts of toxic stress, offering intriguing insights into causal mechanisms that link early adversity to later impairments in learning, behavior, and both physical and mental well-being. The implications of this framework for the practice of medicine, in general, and pediatrics, specifically, are potentially transformational. They suggest that many adult diseases should be viewed as developmental disorders that begin early in life and that persistent health disparities associated with poverty, discrimination, or maltreatment could be reduced by the alleviation of toxic stress in childhood. An ecobiodevelopmental framework also underscores the need for new thinking about the focus and boundaries of pediatric practice. It calls for pediatricians to serve as both front-line guardians of healthy child development and strategically positioned, community leaders to inform new science-based strategies that build strong foundations for educational achievement, economic productivity, responsible citizenship, and lifelong health. *Pediatrics* 2012;129:e232–e246

Jack P. Shonkoff, MD, Andrew S. Garner, MD, PhD, and THE COMMITTEE ON PSYCHOSOCIAL ASPECTS OF CHILD AND FAMILY HEALTH, COMMITTEE ON EARLY CHILDHOOD, ADOPTION, AND DEPENDENT CARE, AND SECTION ON DEVELOPMENTAL AND BEHAVIORAL PEDIATRICS

KEY WORDS

ecobiodevelopmental framework, new morbidity, toxic stress, social inequalities, health disparities, health promotion, disease prevention, identity, brain development, human capital development, pediatric basic science

ABBREVIATIONS

ACE—adverse childhood experiences
 CRH—corticotropin-releasing hormone
 EBD—ecobiodevelopmental
 PFC—prefrontal cortex

This document is copyrighted and is property of the American Academy of Pediatrics and its Board of Directors. No authors have filed conflict of interest statements with the American Academy of Pediatrics. Any conflicts have been resolved through a process approved by the Board of Directors. The American Academy of Pediatrics has neither solicited nor accepted any commercial involvement in the development of the content of this publication.

The guidance in this report does not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate.

All technical reports from the American Academy of Pediatrics automatically expire 5 years after publication unless reaffirmed, revised, or retired at or before that time.



© Lambi Learns

ESTE INFORME SALIÓ 22 AÑOS DEMASIADO TARDE PARA MÍ

"Basándose en estas múltiples corrientes de investigación, este informe presenta un marco de ecobiodesarrollo que ilustra cómo las experiencias tempranas y las influencias ambientales pueden dejar una firma duradera en las predisposiciones genéticas que afectan la arquitectura cerebral emergente y la salud a largo plazo".



33

MI HISTORIA

Sabía que mis hijos estaban expuestos a traumas y ACE. Y sabía que necesitaba ayuda para hablar con ellos sobre el abuso de sustancias de su padre.

BUSQUÉ AYUDA

En lugar de encontrar ayuda, nos encontramos solos, avergonzados y estigmatizados.



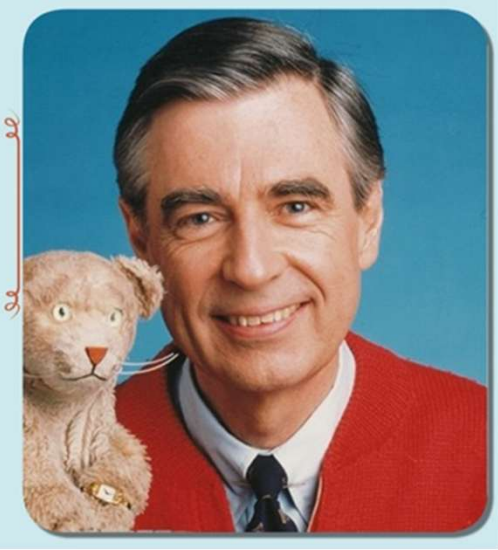
© Lambi Learns



34

What is Mentionable is Manageable.

FRED ROGERS





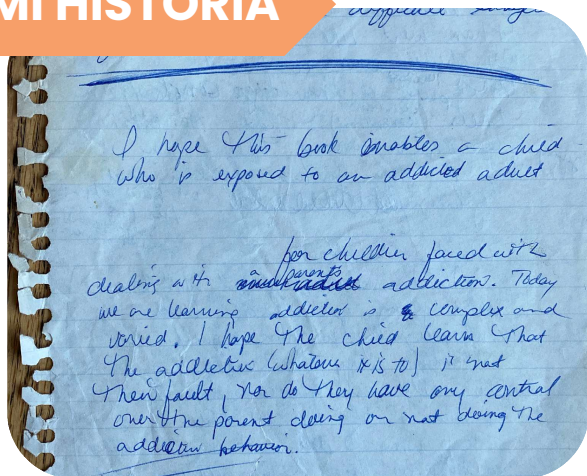
© Lambi Learns



35

MI HISTORIA

#ENDTHESTIGMA



I hope this book enables a child who is exposed to an addicted adult... for children faced with dealing with ~~addicted~~ ^{parents} addiction. Today we are learning addiction is a complex and varied. I hope the child learn that the addiction (whatever it is to) is not their fault, nor do they have any control over the parent doing or not doing the addiction behavior.

Open lines of communication

Name feelings

Teach kids it's not their fault

"Los niños no tienen control sobre el comportamiento de sus padres"



© Lambi Learns



36

Even though there were books about POOPING...
there were no books about *Substance Misuse* in the
home that spoke directly to the children impacted.

Daddy is different from others I've met.

He has a problem I'm not sure how you ge

Ningún editor tocó el tema

Lo declararon tabú



© Lambi Learns



37



**NOT Talking About It
DID NOT Make The
Disease Go Away.**



© Lambi Learns



38

MI HISTORIA

Esta es la última foto que mis hijos tienen con su padre

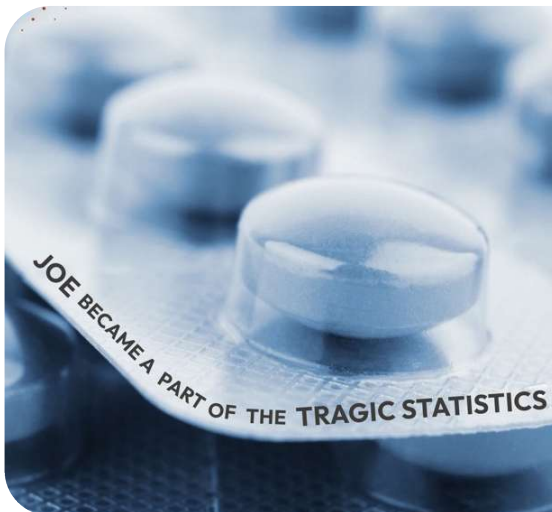
Murió poco después de una sobredosis accidental de OxyContin en 2009



© Lambi Learns

operationparent

39



Ha habido aproximadamente 1.3 millones de muertes por sobredosis entre 1999 y 2024

Aproximadamente 87,000 personas murieron por sobredosis en 2024

300 personas mueren al día por una sobredosis Eso es aproximadamente 1 persona cada 5 minutos

According to the Department of Health & Human Services:

1 de cada 4 niños

LIVE IN HOUSEHOLDS WITH AT LEAST ONE PARENT WHO HAS A SUBSTANCE USE DISORDER

En 2020, aproximadamente 407,000 niños estaban en el sistema de cuidado de crianza en los EE. UU.



© Lambi Learns

operationparent

40

THERE IS A **RIPPLE** FROM THIS DISEASE **EFFECT**

We are numb to the numbers
but **THERE IS A COST:**

¡El costo económico y social para las familias, las comunidades y la sociedad en Atención Médica + Justicia + Productividad + Correccionales supera fácilmente los \$ 200- \$ 250 MIL MILLONES DE DÓLARES al año!

But there is a **HUMAN** toll as well.

These are --- our sons and daughters, our mothers and fathers,
our brothers, sisters, family and friends --- that we are losing.

Los números son números...

Hasta que seas uno de ellos



© Lambi Learns

operationparent

41



How can we
HELP THE KIDS
we encounter so
they don't become
the next number?



© Lambi Learns

operationparent

42

Raising Awareness of ACEs Can Help

Change how people **think** about the **causes** of ACEs and who could help prevent them.

Shift the focus from individual responsibility to
COMMUNITY SOLUTIONS!

Reduce stigma around seeking help with parenting challenges or substance misuse, depression, or suicidal thoughts.

Promote safe, stable, **nurturing relationships** and environments where children live, learn, and play.

<https://www.cdc.gov/violenceprevention/aces/fastfact.html>



© Lambi Learns

operationparent

43

Comencemos la conversación

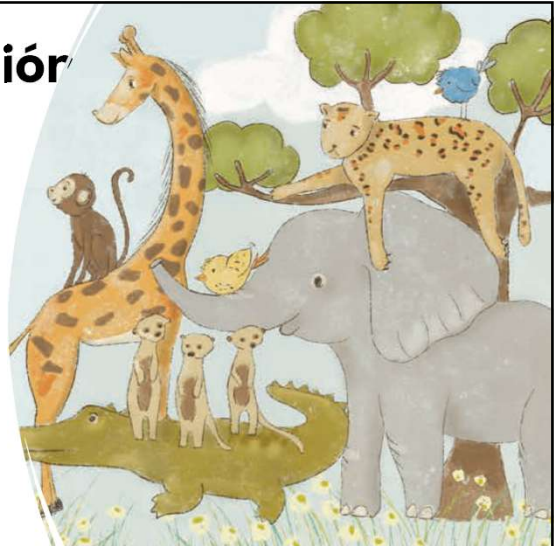
Make it safe to talk about substance use disorder.

Don't judge or shame the family.

Acknowledge/label feelings.

Become aware of physical response to toxic stress.

Learn ways to manage emotional/physical response.

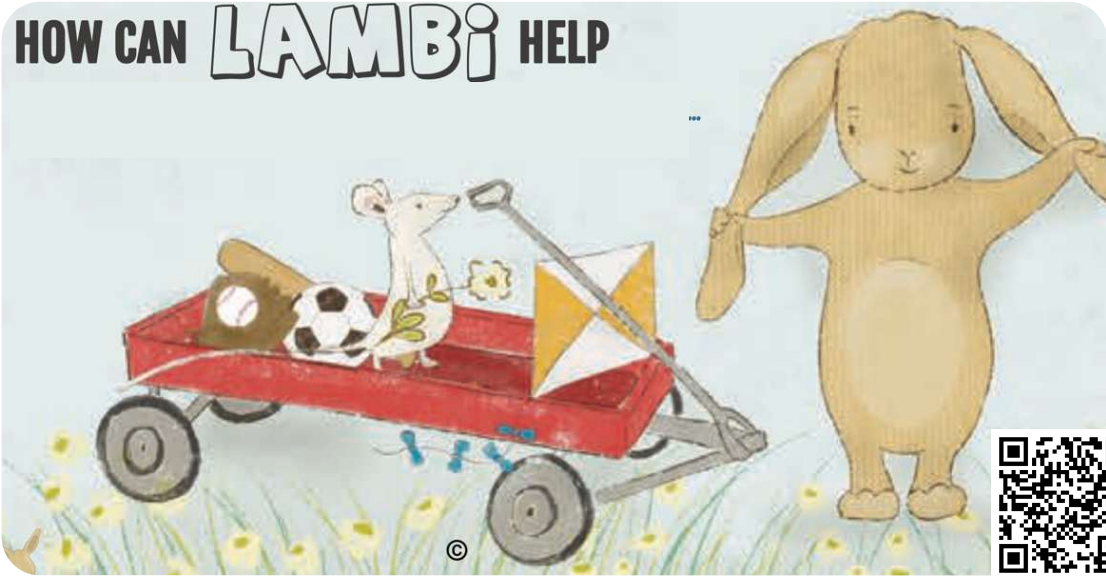


© Lambi Learns

operationparent

44

HOW CAN LAMBI HELP




© Lambi Learns <https://www.youtube.com/watch?v=OFNzufkLYIU> operationparent

45



¡Lambi crea un espacio seguro para tener la conversación!

The body needs to be held, to feel safe, to enjoy the comforts of touch.

© Lambi Learns operationparent

46

Neuro Protective Activities Create PACEs



We now know what you do with your mind changes the molecules of health.
It literally optimizes the telomeres that are helping to prevent inflammatory disease.

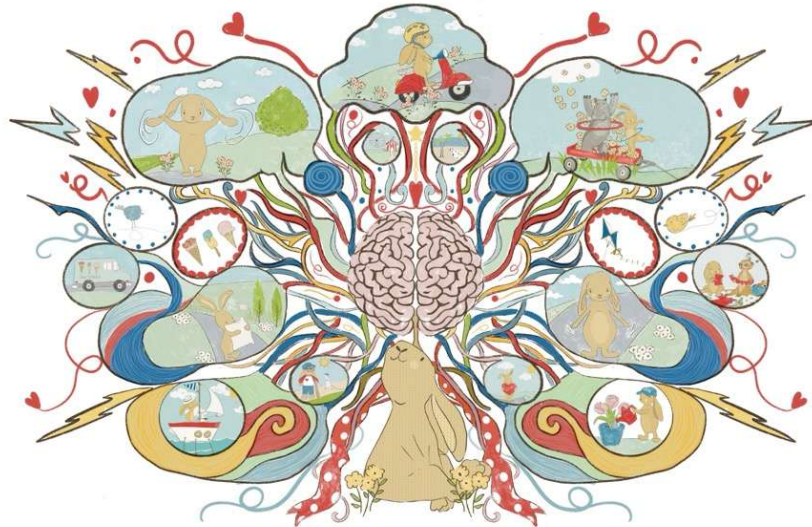
DR. DAN SIEGEL



© Lambi Learns

operationparent

47



**¡Aprovecha el poder en el cerebro
para combatir las ACE!**



© Lambi Learns

operationparent

48

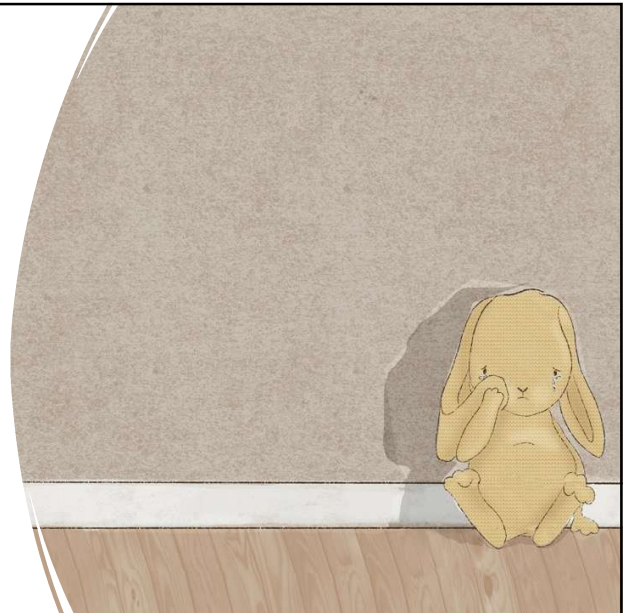
IDENTIFICACIÓN Y EXPRESIÓN EMOCIONAL

• Los estudios han demostrado que cuando los niños nombran sus emociones, la actividad en la amígdala disminuye, mientras que los circuitos reguladores en la corteza prefrontal se fortalecen, mejorando el control emocional y reduciendo la ansiedad.

• (Davidson y McEwen, 2012)



© Lambi Learns



operationparent

49



MINDFUL BREATHING

Children can get immediate relief with simple breathing exercises, especially when done together. Dr. Bessel van der Kolk

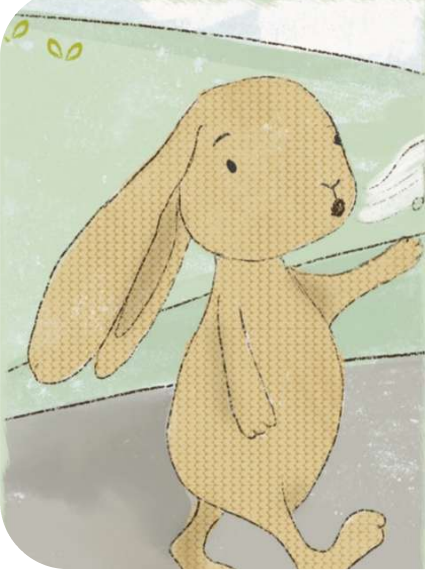
Slow breathing practices can affect our autonomic system, which regulates key physiological processes such as heart rate, blood pressure and breathing. Dr. Angelo Gemignani



© Lambi Learns

operationparent

50



MINDFUL WALKING

Begin walking, a little slower than normal.

Maintain awareness of each footstep as it rolls from heel to toe.

Pay attention to your senses as you walk:

- **HEAR** the wind blow in the trees.
- **SMELL** the cut grass.
- **FEEL** the light touch of rain on your face.
- **SEE** the shadows moving as you walk.

<https://positivepsychology.com/mindful-walking>



© Lambi Learns



51

SOMATIC EXPERIENCING

- ★ Rainbow Stretch
- ★ Shake it Up
- ★ Horse Lips
- ★ Humming
- ★ Butterfly Taps
- ★ Sing a Song
- ★ Make a Funny Face
- ★ Laughter Yoga
- ★ Brush of Feelings
- ★ Tap Sides to Reorient the Body
- ★ Stretch Out Your Tongue
- ★ Drop Your Jaw

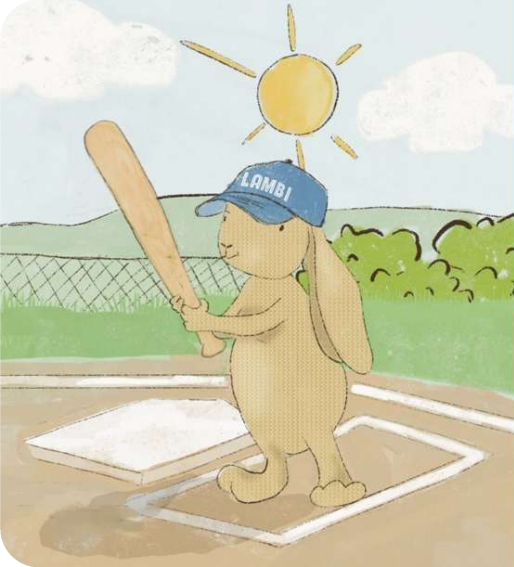
Relaxing These Muscles
Disrupts the Feedback Loop




© Lambi Learns



52



ECOTHERAPY

(It works even to *imagine* being outside, too.)

- ★ Enhances Cognitive Development
- ★ Promotes Self-Control
- ★ Improved Attention Span
- ★ Stress Reduction
- ★ Increases Happiness
- ★ Sense of Meaning and Purpose in Life
- ★ Decrease in Mental Distress



© Lambi Learns



53

POSITIVE IMAGERY

- Reduces Cortisol Levels
- Reduces Subjective Stress Mood States
- **Nature Based Imagery Was Shown to Enhance Mood, Self-Esteem and Happiness**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8874194/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6176042/>




© Lambi Learns



54

PLAY

Play causes changes in the Prefrontal Cortex that help wire the brain's executive control system.

Has a critical role in regulating emotions, making plans, solving problems, and supporting whole brain integration.



© Lambi Learns

operationparent

55

ANCHORING

We like being in a situation where we can control what's happening in our body. So, it feels good to know that you can do things that will help your body respond and feel more comfortable. DR. DAVID SPIEGEL

- 1: Place one hand or both hands firmly and tenderly over your heart. Breathe deeply.
- 2: Feel whatever you are experiencing, even if it's just for a few seconds.
- 3: Be curious about the place inside you that is strong enough to hold your pain without fear.
- 4: Get to know your BRAVE SPACE.

<https://opuspeace.org/soul-injury-inventory/soul-restoring-resources/anchoring-heart>



© Lambi Learns

operationparent

56



GROUNDING TOOLS

Physical grounding strategies involve focusing on senses or surroundings.

5 - 4 - 3 - 2 - 1

- 5 Things You Can SEE
- 4 Things You Can FEEL
- 3 Things You Can HEAR
- 2 Things You Can SMELL
- 1 Thing You Can TASTE

<https://www.health.harvard.edu/blog/dropping-anchor-on-big-emotions>

 © Lambi Learns



57

THE COOLEST!

SHAKE IT UP



Shake It Up: Shake Body Gently, Start From Feet to Head

HUG A LOVEY



Hug a Lovey: Grab It and Squeeze It Tight

FUNNY FACES



Funny Faces: Make a Funny Face Then Relax Your Face

SING A SONG



Sing a Song: Sing a Loud Song or Hum a Tune to Use Your Voice

BUTTERFLY TAPS



Butterfly Taps: Cross Your Arms Then Tap the Opposite Arm With Your Hands

RAINBOW STRETCH



Rainbow Stretch: Reach Up and Over to One Side, Then the Other, Like an Imaginary Rainbow

NATURE WALK



Nature Walk: Go Outside or Even Imagine You Are Outside

BUNNY BREATHING



Bunny Breathing: Breathe In, Like Sniffing a Flower, Breathe Out Like Blowing Out a Candle

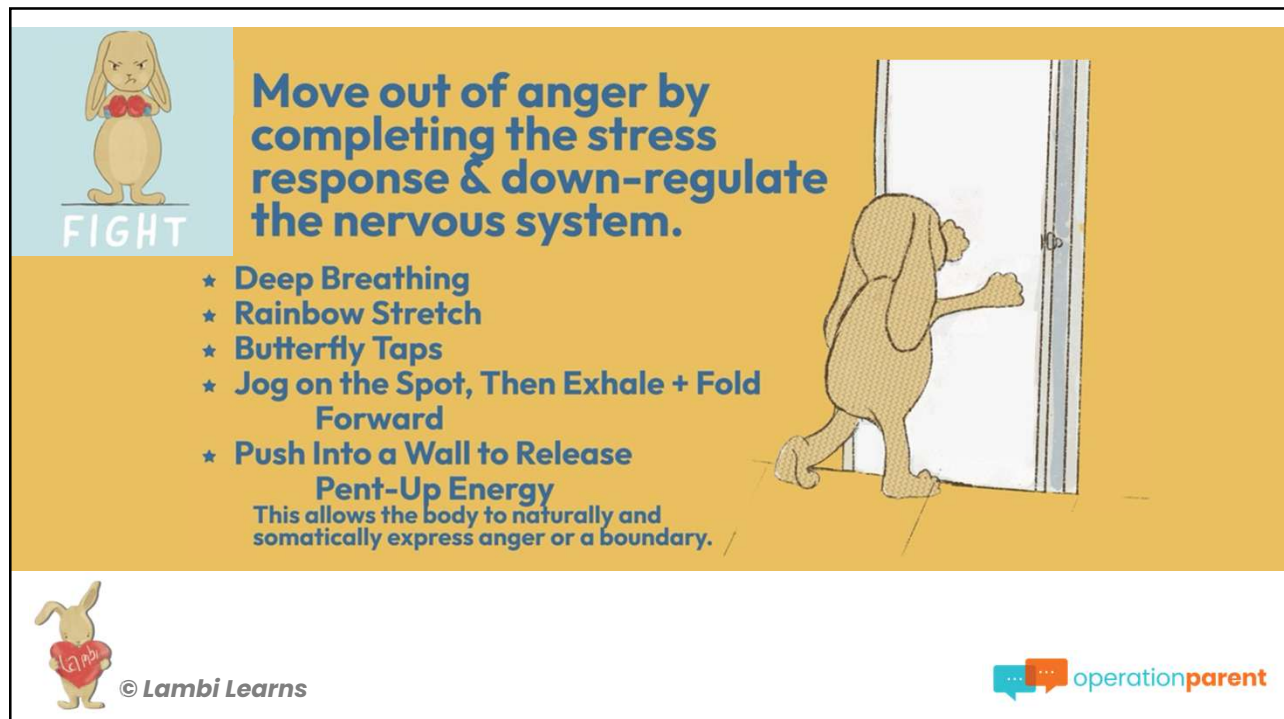
 **LAMBI LEARNS**

58

Aplicando habilidades de afrontamiento y ejercicios somáticos



59



60



Move your body to complete the natural urge to run or escape.

- ★ Shake It Up
- ★ Tap Your Sides
- ★ Jog in Place

After releasing the energy of flight, give yourself butterfly taps or give yourself a safe "container" hug to down-regulate the nervous system.

Safe Hold Hug = Wrap one arm underneath the armpit on the opposite, then wrap the other arm over it on the outer arm on the other side.




© Lambi Learns

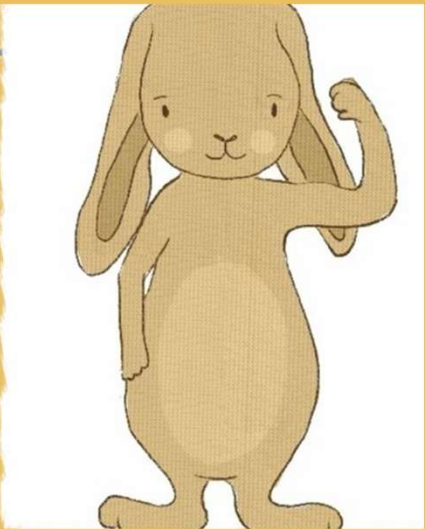


61



Move your body to get into empowerment and self sufficiency.

- ★ Bring your hands up behind your head with elbows out. Exhale with an audible sigh while rounding your spine and bring your elbows forward towards each other. Inhale while lifting up opening elbows out to the side putting chest up and out arching back. (signifies standing ground)
- ★ Support yourself by holding your hand first on your heart and belly then move one hand to the front of your head and the other to the back of your head in a cradle pose. Let your head feel supported by your hands.




© Lambi Learns



62



FREEZE

- ★ Inhale both arms over your head then rhythmically tap one arm down against your thigh; now bring it back up to your other hand at the top, switching side to side breathing slowly in this bilateral breath practice.
- ★ Gently rub your hands over parts of the body that feel okay to receive touch and connect with compassion.
- ★ 54321 exercise.
- ★ Sit and do a spinal twist looking around from left to right noticing things around you.




© Lambi Learns



63

Resource people so that when the tough stuff comes, they have a tool kit to fall back on. BILL O'HANLON



**RESOURCING
IS THE BEST PREVENTION**

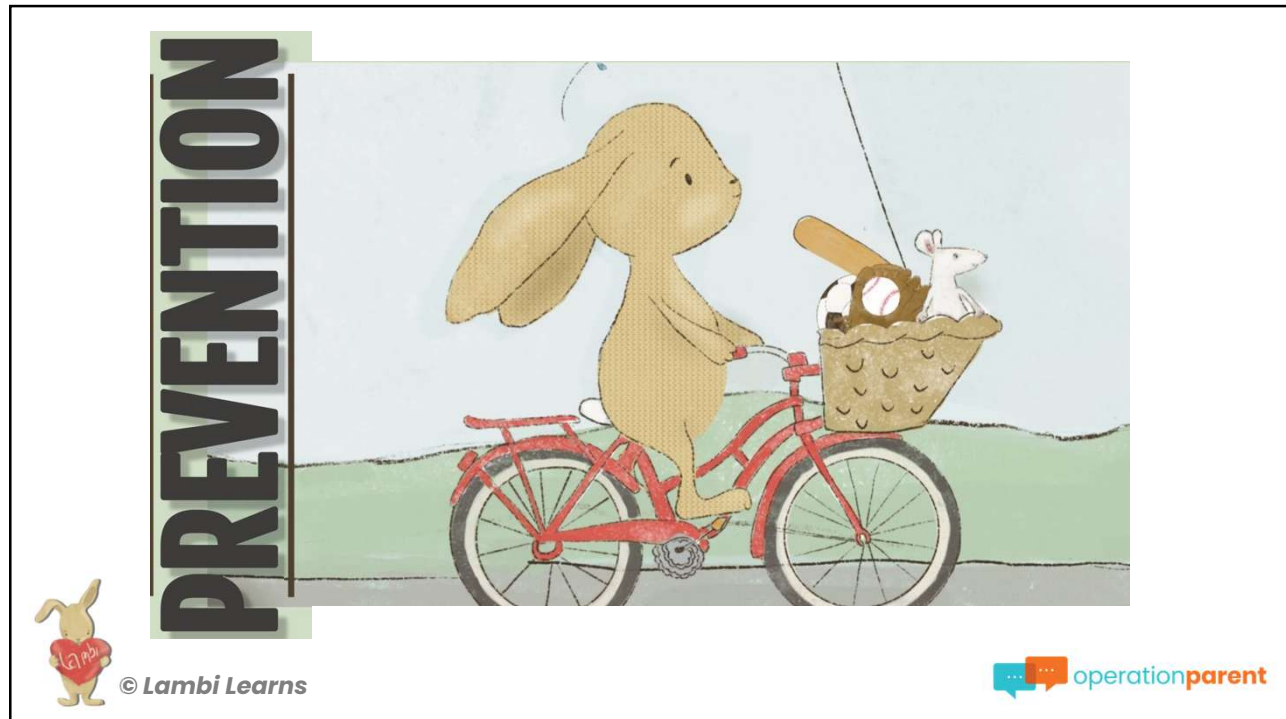
- ★ Down regulate the negative emotions. Up regulate the positive emotions
- ★ A little praise and reminder of strengths, abilities, and resources.
- ★ Give them a better "floor" so they don't drop down so far. DR. PETER LEVINE



© Lambi Learns



64



65

HABLE SOBRE EL RIESGO

Para niños con antecedentes familiares de trastorno por consumo de sustancias

Conciencia:

Estadísticamente mayor probabilidad de que puedan tener o desarrollan la enfermedad.

Opciones:

Tomar decisiones de vida saludables mientras están disponibles para usted. Después de cierto punto; ya no es un elección.

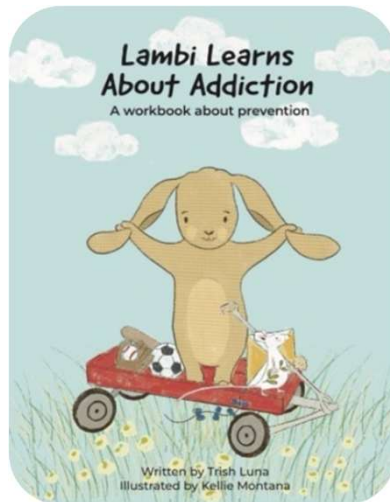
Establecimiento de metas:

Tomemos el compromiso de "eso no es para mí". Rodéate de personas seguras.



66

El libro de ejercicios de Lambi



© Lambi Learns

El Libro de Trabajo mejora la Regulación Emocional y la Resiliencia a través de



operationparent

67

HABILIDADES DE ENFOQUE BÁSICAS

Self Awareness

Self Regulation

Decision Making

Relationship Skills /
Social Awareness



© Lambi Learns

operationparent

68

SELF AWARENESS

In my practice I begin the process by helping my patients to first notice & then describe the feelings in their bodies - not emotions such as anger, or anxiety, or fear - but the physical sensations beneath the emotions: pressure, heat, muscular tension, tingling, caving in, feeling hollow, and so on.

I also work on identifying the sensations associated with relaxation or pleasure.

DR. BESSEL VAN DER KOLK

PHYSICAL FEELING



© Lambi Learns



69

SELF REGULATION

When we work on a child's self-regulation, we are creating that stable internal platform that makes growth possible; any and all kinds of growth.

DR. STUART SHANKER

Self-regulation is not self-control.
In fact, self-regulation is what makes self-control possible.

UNKNOWN

Self-regulation is the ability to control one's behavior, emotions, and thoughts in the pursuit of long-term goals. More specifically, emotional self-regulation refers to the ability to manage disruptive emotions and impulses = in other words, to think before acting.

ABILITY TO DISRUPT



© Lambi Learns



70

DECISION MAKING

**It's in our moments of decision,
that our destiny is shaped.**

UNKNOWN

**Children learn how to make good decisions,
by making decisions...
not by following directions.**

AFLIE KOHN



© Lambi Learns



**MAKING
CHOICES**

71

RELATIONSHIP SKILLS SOCIAL AWARENESS

It's Not What You Say... It's Also How You Say It

UNKNOWN

**Life is a matter of choice, and every
choice you make makes you.**

JOHN MAXWELL

Children must be taught how to think, not what to think.

MARGARET MEAD



© Lambi Learns



**PERSONAL
GROWTH**

72

Beth Tyson



© Beth Tyson

- Fundadora de Beth Tyson Trauma Consulting
- Autor de libros infantiles
- Diseña capacitaciones, planes de estudio y herramientas informadas sobre el trauma para ayudar a los niños a sanar del trauma
- Copresidente del equipo de Prevención del Abuso Infantil de Pensilvania
- Mamá de un pequeño minion luchador y un perro alborotador

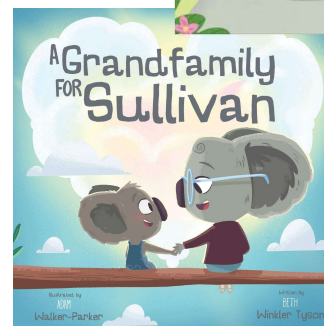


73

Libros de Sullivan

¡NUEVO!

- Dar a los niños en familias de parentesco, acogida o reunificación un lenguaje para sus emociones complejas
- Normalizar estructuras familiares no tradicionales
- Para ayudar a los niños a sentirse vistos, calmados y apoyados
- Ofrecer orientación informada sobre el trauma a los adultos
- Iniciar conversaciones curativas entre los niños y los adultos que los cuidan



© Beth Tyson



74

Lo que tenemos que hacer

Build safe & predictable relationships

- Consistency, emotional attunement, and presence from adults help regulate a child's nervous system (Porges, 2011).

Train adults in trauma-informed care

- When adults understand how trauma shapes behavior and development, they respond with empathy rather than punishment (SAMHSA, 2014).

Prioritize emotional literacy

- Children need words for their internal experiences and safe spaces to express them (Denham et al., 2012).

Create restorative, not punitive, systems

- Shame-based discipline deepens trauma. Repair and connection are the antidotes (Losen & Martinez, 2013).

Honor culture, identity and story

- When children's lived experiences are reflected and respected, it protects against the trauma of invisibility (Sotero, 2006).

© Beth Tyson



75

Entonces, ¿qué pueden hacer los padres?



76

Padres

Follow through on
promises

Understanding
trauma-informed
parenting styles

Journaling
prompts

Grace for
mistakes

Embrace and/or
introduce cultural
traditions

© Beth Tyson



77

**Entonces, ¿qué pueden
hacer las escuelas?**



78

Escuelas

Teachers greeting
students by chosen
name

Professional
development on
attachment and
regulation

Feelings charts in the
classroom

Fewer suspensions and
more mentoring

Diverse books, cultural
activities, inclusion of
family voices in
decision-making

© Beth Tyson



79

Entonces, ¿qué pueden hacer las comunidades?



80

Comunidades

Community
leaders listening
without
judgement

Parenting classes
that teach
co-regulation

Workshops on
healthy
communication

Mentoring
opportunities

Heritage
celebrations,
bilingual support

© Beth Tyson



81

Organizaciones nacionales

National Alliance for Drug Endangered Children: <https://www.nationaldec.org/>

Drug Free America Foundation: <https://www.dfaf.org/>

Generations United: <https://www.gu.org/>

Generation O: <https://www.generationo.org>

Motherhood Beyond Bars: <https://www.motherhoodbeyond.org/>

PACEs Connection: <https://www.pacesconnection.com/>

82

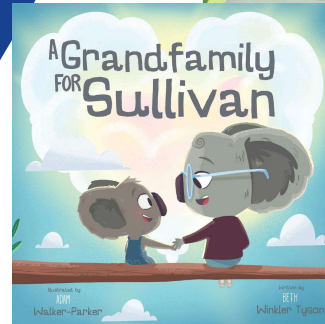
Beth Tyson

Sitio web: www.bethtyson.com

Facebook: @bethtysontraumaconsulting

YouTube: @bethtysontraumaconsulting

LinkedIn: @BethTyson



Use la ventana emergente para unirse al boletín GRATUITO de trauma infantil de Beth

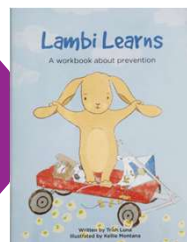
¡Libros disponibles en Amazon!

83

Trish Luna

Correo electrónico: trish@lambilearns.com

Sitio web: www.lambilearns.com
Mantenerse al día con Lambi



Libro
\$12



Aplicación gratuita



Descargas gratuitas

Conjunto Lambi Deluxe
\$48.99



Libro animado reutilizable
\$30

¿Quieres descargas de lujo?
¿Ves la ventana emergente? Dale un clic. La encuesta llegará a su bandeja de entrada, al igual que las golosinas.

84

¡SÚPER SORTEO!

Haga clic en el botón de la ventana emergente para entrar

Se pedirá a los ganadores su dirección postal cuando se contacten

¡9 ganadores!



85

SUBMIT YOUR



QUESTIONS

86

**MANUALES PARA PADRES:
¡TU GUÍA PARA CONVERSACIONES SIGNIFICATIVAS!**

"¡Imprescindible para cualquier cuidador! Ofrecen una guía clara, compasiva y basada en la investigación que es práctica y empoderadora. Ojalá hubiera tenido algo como esto cuando estaba criando a mis hijos, habría marcado una gran diferencia".
—Trish Luna

87

Nuestros manuales para padres basados en evidencia brindan a los padres y cuidadores la confianza para navegar por los desafíos de crianza más difíciles de la actualidad

**Middle/High: \$14.99
Elementary: \$9.99**

Bulk pricing available

GET YOURS AT
operationparent.org/shop

88

Evento de prevención de drogas

Este kit de herramientas contiene todo lo que necesita para organizar y promover un evento exitoso de prevención de drogas.



products@operationparent.org



89

WHAT TO KNOW ABOUT NALOXONE

THE OPIOID REVERSAL MEDICINE

FOLLOW US!

WHAT IN THE WORLD IS MY KID SAYING?

DEFINITIONS OF THE WORDS KIDS ARE SAYING THESE DAYS

@operationparent

f
📷
in
▶

Parenting Fact:
YOU ARE NOT THEIR FRIEND,
YOU ARE THEIR CAREGIVER

STAY UP TO DATE ON OUR WEBINARS & GET MORE PARENTING SUPPORT!

90

Upcoming Webinars

**Hable temprano, hable con
frecuencia**

MADD y el Dr. Robert Turrisi

26 de agosto

Rompiendo el silencio

Cuidando tu mente

9 de septiembre

operationparent.org/webinars



91



QUESTIONS

92

El logotipo, el título y el contenido de la presentación de Operation Parent son marcas comerciales de Operation Parent y están protegidos por derechos de autor. No se pueden duplicar ni reutilizar sin el permiso por escrito de Operation Parent.

El logotipo, el título y el contenido de la presentación de Lambi Learns son marcas comerciales de Lambi Learns LLC y están protegidos por derechos de autor. No se pueden duplicar ni reutilizar sin el permiso por escrito de Lambi Learns.

Los materiales de presentación, las diapositivas y el contenido proporcionados por nuestros presentadores invitados son propiedad intelectual del presentador y no pueden reproducirse, grabarse ni distribuirse sin su consentimiento expreso por escrito.



© Lambi Learns

