What Happened to You?

Book Study

WISCONSIN'S BIRTH TO 3 PROGRAM

Professional Development Bundle

RESource
RESPONSIVE EQUITABLE SUPPORT
Grounded in research for the
Wisconsin Birth to 3 Program

"A good start in the first 1000 days."

—WISCONSIN'S BIRTH TO 3 PROGRAM

REsource
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CONTENTS OF THIS BUNDLE

01 Something to WATCH

Episode 2: How Stress Impacts Brain Function of the video series from PBS LearningMedia

02 Something to READ

What Happened to You? Conversations on Trauma, Resilience, and Healing by Oprah Winfrey and Bruce Perry
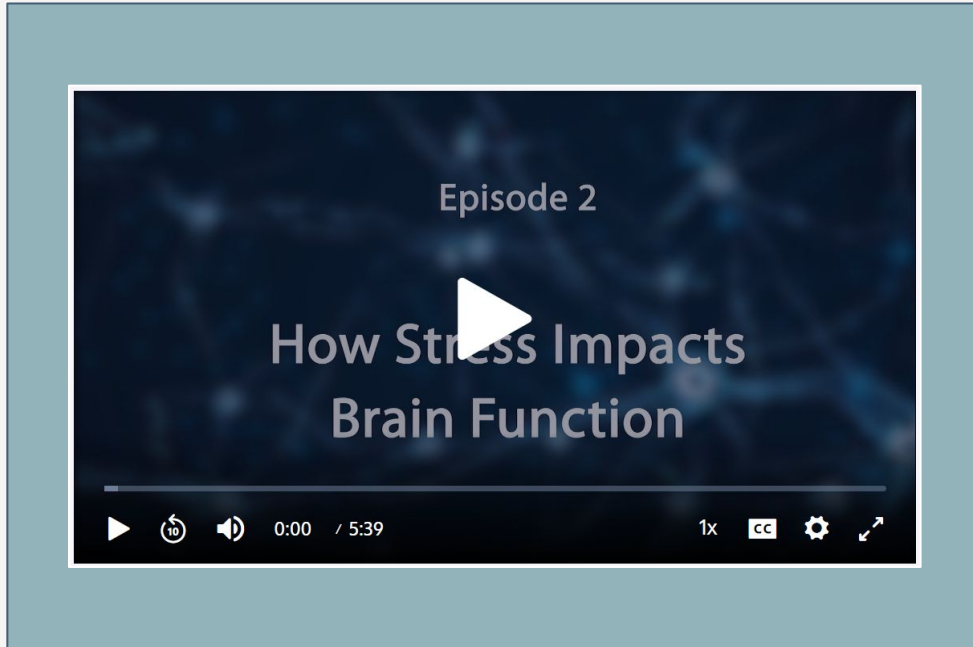
03 Something to DO

Create joint plans between chapters to help you apply your new learning and insights

04 Something to REFLECT Upon

Discussion questions made available through the DEC Early Intervention Community of Practice

WATCH!

Episode 2

How Stress Impacts
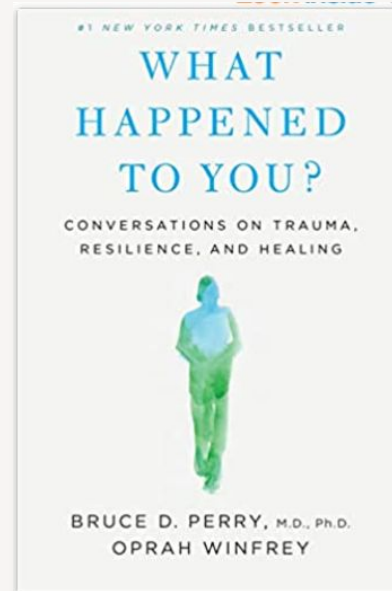Brain Function

▶ ↺ 🔊 0:00 / 5:39   1x CC ⚙ ⛶

Click on the image to the left. The link will take you to a video series on the **PBS LearningMedia** website. We encourage you to watch *Episode 2: How Stress Impacts Brain Function*

READ!

Click on the book image to order *What Happened to You?: Conversations on Trauma, Resilience, and Healing*

If an audio version of the book is a better match for you, this one is available on YouTube for free!

DO!

At the conclusion of each chapter, take the time to create a joint plan indicating what new learning you intend to implement or apply in your practice.

Reflect

We encourage you to refer to these [discussion questions](#) outlined for each chapter to assist with your reflection and discussion

Agendas and discussion questions were made available by the DEC Early Intervention Community of Practice

Check in with your program leader to discuss this PD bundle and ask any questions you may still have.

Would you mind taking a moment to provide feedback about this PD bundle?

Please follow THIS LINK to fill out a very short survey. Thank you!

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Contact RESource with any questions.

Please "reach out to RESource" if you have questions related to this bundle or anything else related to early intervention.

We also encourage you to visit our "Your Questions Answered" page on EI in WI to see what others are asking.