



SEEDS for Family School Readiness

Cultivating School-Ready Families and Family-Ready Schools

What is SEEDS Training?

SEEDS Training is a trauma-informed professional development program for early childhood educators and care providers.

SEEDS equips early childhood professionals with the knowledge and skills needed to build **supportive, nurturing relationships with young children** that will allow children to develop **emotional regulation, behavioral regulation, and executive functioning skills**.

These self-regulation skills are foundational to young children's readiness to learn.

SEEDS promotes **school readiness as a family-level process**.

We emphasize building home-school connections and parent-teacher partnerships.

SEEDS enhances **workforce well-being** and strengthens collaborative relationships among staff members.

We use play as a powerful learning medium for adults.

We practice the importance of self-care.



Who is a good fit for SEEDS Training?

Designed for professionals working with both typical children and children exposed to trauma

SEEDS has been used with early childhood professionals who work with children (birth to 5 years old) who have experienced a range of early adversities, including maltreatment and prenatal exposure to alcohol and other substances. Each SEEDS session highlights how to tailor activities and practices specifically for children with histories of trauma.

Accessible for professionals with diverse backgrounds and experiences

SEEDS teaches key skills through hands-on, sensory-rich, engaging indoor and outdoor activities (including art, music, nature-based exploration). By utilizing play, SEEDS is accessible to professionals of diverse cultural, socioeconomic, and educational backgrounds.

Playing together as a staff throughout SEEDS Training is also a highly effective way to break down barriers and build connections among professionals from different backgrounds and life experiences.



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Frequently Asked Questions

What is distinctive about SEEDS Training?

- SEEDS gives early childhood professionals the opportunity to learn through play and team activities in order to apply targeted knowledge and skills.
- SEEDS promotes attachment-based practices so that children are immersed in supportive relationships that foster readiness to learn skills.
- SEEDS practices can be implemented within any existing curriculum, across settings, at any point in a child's day.

What measures are in place to ensure that SEEDS training is actually integrated in the classroom?

In SEEDS, the emphasis is on putting knowledge and skills into practice. What we know is often not translated into what we do. SEEDS is designed to address this “application gap.”

- Professionals try out and apply newly learned practices between sessions, and are asked to identify successes and challenges.
- SEEDS builds in opportunities for ongoing consultation with SEEDS Training facilitators to help professionals problem solve and continue to hone their skills, leading to greater uptake and buy-in to the targeted practices, and increasing the likelihood of sustainable change.

How can SEEDS Training directly benefit early childhood professionals?

SEEDS hands-on and team-based activities are designed to build connections between professionals, enhance peer support amongst staff, and promote workforce wellbeing and resilience.

SEEDS includes activities that cultivate self-care practices, reducing stress and burnout.

How is SEEDS different from other socioemotional learning (SEL) programs?

SEEDS trains early childhood professionals to promote all three branches of self-regulation: emotional regulation (the primary focus of most SEL programs), in addition to behavioral control and executive functioning.

While it is sometimes overlooked that these three types of self-regulation are linked—a deficit in one area likely impacts the other areas—SEEDS believes it is essential for early childhood professionals to be equipped and feel confident in promoting all three branches of self-regulation, not just emotional regulation.

How can SEEDS fit with existing programs that are designed to promote SEL?

Because SEEDS teaches a set of practices to promote children's self-regulation skills and are not tied to a specific curriculum, SEEDS can be an excellent complement to existing SEL programs.

In fact, SEEDS can enhance the impact of existing SEL programs that focus primarily on emotional regulation by giving professionals tools to promote children's behavioral control and executive functioning.