

# CFS-185: TRAUMA AND EARLY CHILDHOOD DEVELOPMENT

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## Effective Term

Fall 2026

## CC Approval

12/05/2025

## AS Approval

12/11/2025

## BOT Approval

12/18/2025

## COCI Approval

02/26/2026

## SECTION A - Course Data Elements

### CB04 Credit Status

Credit - Degree Applicable

### Discipline

Minimum Qualifications	And/Or
Child Development/Early Childhood Education (Master's Degree)	

### Subject Code

CFS - Child and Family Studies

### Course Number

185

### Department

Child and Family Studies & Education

### Division

Career Education and Workforce Development (CEWD)

### Full Course Title

Trauma and Early Childhood Development

### Short Title

Trauma & EC Development

### CB03 TOP Code

1305.00 - \*Child Development/Early Care and Education

### CB08 Basic Skills Status

NBS - Not Basic Skills

### CB09 SAM Code

C - Clearly Occupational

### Rationale

Updating requisite language.

## SECTION B - Course Description

### Catalog Course Description

Provides an overview of trauma-informed care in early care and education, including the impact of trauma on the developing child, protective and resiliency factors, and the benefits and opportunities of partnering with families. It explores the impact of early childhood traumatic experiences on physical, cognitive, and psychological development throughout the lifespan.

**SECTION C - Conditions on Enrollment****Open Entry/Open Exit**

No

**Repeatability**

Not Repeatable

**Grading Options**

Letter Grade or Pass/No Pass

**Allow Audit**

Yes

**Requisites****Advisory Prerequisite(s)**

Completion of CDEV-C1000 with a grade of C or better.

**SECTION D - Course Standards****Is this course variable unit?**

No

**Units**

3

**Lecture Hours**

54

**Outside of Class Hours**

108

**Total Contact Hours**

54

**Total Student Hours**

162

**Distance Education Approval****Is this course offered through Distance Education?**

Yes

**Online Delivery Methods**

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

**SECTION E - Course Content****Student Learning Outcomes**

**Upon satisfactory completion of the course, students will be able to:**

1. Identify the impact of trauma on physical, cognitive, emotional and psychological development in early childhood.
2. Articulate strategies for working with children experiencing, or that have experienced, trauma.

**Course Objectives**

**Upon satisfactory completion of the course, students will be able to:**

1. Articulate an understanding of the effects of trauma during early childhood on health and development across the lifespan.

2. Identify the development and function of the brain.
3. Examine factors that impact the effects of trauma.
4. Examine the impact of sustained or chronic exposure to trauma on child development.
5. Identify trauma-sensitive practices to promote healthy child development.
6. Examine the research on adverse childhood experiences and associated health problems in adulthood.
7. Identify the benefits and barriers of partnering with children and families.
8. Investigate The Protective Factors Framework in relationship to early childhood education settings and professionals.

### Course Content

1. Develop an understanding of the effects of trauma during early childhood on health and development across the lifespan
  - a. Physical health and development
  - b. Cognitive health and development
  - c. Emotional health and development
  - d. Psychological health, social and emotional development
2. Examine the development and function of the brain
  - a. Structure and function of neuron, synapse, and neurotransmitters
  - b. Formation of synaptic connections and pruning
  - c. Types of stress: normal, tolerable and toxic
  - d. Neuroplasticity
3. Examine factors that impact the effects of trauma
  - a. Nature of trauma
  - b. Age of child
  - c. Developmental stage
  - d. Relationship of victim or perpetrator
  - e. Past experience with trauma
  - f. Adversities faced following trauma
  - g. Availability of help and protection
  - h. Chronic and complex trauma
  - i. Sensory system of the child
4. Examine the impact of sustained or chronic exposure to trauma on child development
  - a. Attachment
  - b. Self-regulation
  - c. Learning and focal attention
  - d. Executive functioning skills
  - e. Working memory
5. Examine the research on adverse effects experiences and associated health problems in adulthood.
  - a. Adverse Childhood Experiences study
  - b. Immune system
  - c. Stress response system
  - d. Cognitive development
  - e. Anxiety, depression, guilt, shame and/or inability to focus.
  - f. Emotional, immune and metabolic abnormalities
  - g. Body dysregulation
  - h. Hypervigilance
  - i. Dissociation
  - j. Lack of self-regulation
  - k. Negative self-concept
  - l. Increased medical conditions.
6. Develop an understanding of the benefits of partnering with children and families.
  - a. Identifying and building resiliency factors with children and families
  - b. Building trust
  - c. Creating reciprocity in the relationship
  - d. Promoting family buy-in
  - e. Tailoring community resources to meet the individual needs of children and families.
  - f. Building on the family expertise
7. Develop an understanding of barriers to partnering with children and families.

- a. Logistics: access, time, priorities, childcare, transportation
  - b. Confidentiality
  - c. Stigma
  - d. Cultural differences
  - e. Money/ lack of resources
  - f. Power differential
  - g. Handling conflict and challenging conversations
  - h. High cumulative risk factors
8. Investigate The Protective Factors Framework in relationship to early childhood. education settings and professionals
- a. Parental resilience
  - b. Social connections
  - c. Knowledge of parenting and child development
  - d. Concrete support in times of need
  - e. Social and emotional competence of children

## Methods of Instruction

### Methods of Instruction

Types	Examples of learning activities
Discussion	In class discussion on topics.
Lecture	

### Online Adaptation

Types	Examples of learning activities
Activity	
Discussion	
Group Work	
Individualized Instruction	
Journal	
Lecture	

### Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards  
 Chat Rooms  
 Discussion Boards  
 E-mail Communication  
 Telephone Conversations  
 Video or Teleconferencing

### Student-Initiated Online Contact Types

Chat Rooms  
 Discussions  
 Group Work

### Course design is accessible

Yes

## Methods of Evaluation

### Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Final exam on content.
Quizzes	
Essays/Papers	Example of writing assignment: Identify children's personal experiences related to early childhood trauma and strategies for working with the family.

**Class Participation**

Other

Class Work

**Assignments****Reading Assignments**

Reading Assignments

Read the book "Trauma through a Child's Eyes: Awakening the Ordinary Miracle of Healing." Identify the key aspects of the child's experiences. Discuss potential strategies for working with the child based on each specific experience.

**Writing Assignments**

Writing Assignments

Create a portfolio of resources and strategies for working with children and families that is specific to child trauma and its impact.

**Outside-of-Class Assignments**

Other Assignments

Watch the Nadine Burke Video: How Childhood Trauma Affects Health Across a Lifetime. Identify the effects of trauma discussed in the video.

**SECTION F - Textbooks and Instructional Materials****Material Type**

Textbook

**Author**

Levine, Peter A., Kline, Maggie

**Title**

Trauma Through a Child's Eyes

**Publisher**

North Atlantic Books

**Year**

2006

**Material Type**

Textbook

**Author**

Perry, Bruce D

**Title**

What Happened to You? Conversations on Trauma, Resilience, and Healing

**Publisher**

Flatiron Books

**Year**

2021

**Material Type**

Other required materials/supplies

**Description**

Child Trauma Academy

National Child Traumatic Stress Network

<http://www.nctsn.org/resources/audiences/parents-caregivers/what-is-cts/12-core-concepts>

## **SECTION G - Diversity, Equity and Inclusivity**

**How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?**

Needs DEI statement.

### **Course Codes (Admin Only)**

**CB00 State ID**

CCC000632642

**CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

**CB11 Course Classification Status**

Y - Credit Course

**CB13 Special Class Status**

N - The Course is Not an Approved Special Class

**CB23 Funding Agency Category**

Y - Not Applicable (Funding Not Used)

**CB24 Program Course Status**

Program Applicable

**Allow Pass/No Pass**

Yes

**Only Pass/No Pass**

No