

Recognising and Preventing Toxic Stress and Trauma in Infant and Young Children's Aquatic Lessons.

Date: February 17, 2019 Time: 1pm – 5pm Venue: Crown Plaza Perth
Cost: \$75 Registration: seadragonz@seadragonz.com.au



Presenter: Ms Janine Ramsey; Bsc, Dip Couns

Everyone working with infants and young children in the water has a duty of care to 'First, do no harm', Hippocrates. Well meaning teachers may be inadvertently harming their young swimmers in ways they are unable to recognise, in the pursuit of teaching swimming, water safety & survival skills.

In 2018, The Royal Commission recommended that Child Safe Standards as reflected in the 10 National Principles for Child Safe Organisations, become mandatory for organisations that engage in child related work. The 10 Principles form the Wheel of Child Safety, leading to "Safe, happy and engaged children".

In accordance with National Principle 7, join leading aquatic trauma expert, Janine Ramsey for this unmissable world-class seminar;

- **Gain** cutting - edge scientific information to inform your practices with infants and young children in the water.
- **Hear** from child trauma expert, Frances S. Waters, and leading neuroscientists at Harvard University about the possible impact of certain aquatic practices on infants and young children.

In a blend of theory and practical examples, you'll learn more about;

- **Stress** - What constitutes Positive, Tolerable and Toxic Stress in context of aquatic lessons and how can we recognise the levels?
- **Trauma** - How can we recognise it and know if we might be traumatising an infant or young child?
- **Force** - What constitutes force in the context of aquatic lessons and how does this relate to stress and trauma?
- **Dissociation** - What does dissociation (traumatic adaption) look like and how can it be differentiated from positive adaptation, sleepiness and/or distraction?
- **Window of Tolerance** – What is a child's 'window of tolerance' and why is it important to stay within it?
- **Soothing Distress** – How can we respond to an infant or young child's distress and/or resistance so as to stay within the window of tolerance?

This is an must-attend seminar for anyone involved in the teaching of infants and young children in the water, regardless of their philosophy, approach or end goals.

Testimonials

"Janine's knowledge of how the concept of toxic stress and trauma applies to swimming and/or survival practices is second to none in the world." Ross Gage; CEO, ASSA

"Janine Ramsey has demonstrated an extraordinary knowledge of what toxic stress and trauma is with infants in the aquatics industry and has moved the industry world-wide to be more conscientious in advocating for safe and enjoyable practices for infants."

Frances S. Waters, international trainer and consult in trauma and dissociation of children, author of *Healing the fractured child: Diagnosis and treatment of youth with dissociation*, and past president of The International Society of Trauma and Dissociation.

Hosted by
Seadragonz Swim School

