**Reference: Seadragonz Swim School**

First Name: Kym

Conference Title: Recognize and prevent toxic stress and trauma in infant and

young childrens aquatic lessons

Date/s: 17/2/19

Session Title: As above

Session Speaker: Janine Ramsey

Session Time: 1300 - 1700

Speaker Background: Owned her own swim school for 25yrs in NZ. Started teaching at 16.

Useful ideas I am bringing back to share: Use soothing voice with fearful children. Give a bit of power to the child. Give space where needed. Acknowledge them.

Something/s I learned that are new: Babies brains are 90% formed by 3yrs. Right side of brain in

first 3yrs is main growth. Reasoning not there yet. Early experiences alter gene expression and shape development. This is very important.

What I liked about this speaker: Very knowledgable, well spoken / travelled in her field.

The important lesson I learned from this speaker: Examples of force - Entry into pool, Submersion by push, pull or release, Transitioning out of child/parent lessons, Back float

Teacher changes or gender sensitivities. Sending parent away,

Pace too fast, Distance - too far, Threats, humiliation, shaming

Rough physical touch and manipulation - touch without

permission. Neglect - fail to notice and stop when child stressed.

General comments: Human brain is a social organ shaped by experience. Every

one is an individual and works differently to each other so find

out what works for that particular child.

**Reference: Seadragonz Swim School**

First Name: Lynn

Conference Title: Recognising and Preventing Toxic Stress and Trauma in Infant

and Young Chns Aquatic Lessons

Date/s: 17thnFebruary 2019

Session Title: As above

Session Speaker: Jeannine Ramsey

Session Time: 1pm to 5 pm

Speaker Background: Janine is from NZ, now living on Gold Coast and is a swim teacher and

statistician who has developed an interest in understanding trauma in children

Useful ideas I am bringing back to share: Useful strategies to deal with children displaying trauma when they come to the pool. Confirmed that ensuring our young children trust me as a swim teacher is critical to being able to help students progress.

Something/s I learned that are new: Interesting the advances in understanding of how the brain

works at what age and the areas impacted by trauma. So much research is being conducted. It would be interesting to see how Seadragonz could become part of a wider study.

What I liked about this speaker: Janine is very empathic and has a swimming background so

she could relate her tale to all things swimming for us.

The important lesson I learned from this speaker: Trust and empowerment of students is fundamental to all things I may wish my students to achieve in swimming.

General comments: Thanks Lari, I really enjoyed the opportunity to learn about this.

**Reference: Seadragonz Swim School**

First Name: Amber

Conference Title: Recognising amd preventing toxic stress and trauma in infant

and young childrens aquatic lessons

Date/s: Feb 17th

Session Title: As above

Session Speaker: Ms Janine Ramsey

Session Time: 4hrs

Speaker Background: Swim school owner Bsc,dip couns

Useful ideas I am bringing back to share: Invite kids in to your space, don’t invade their s

Something/s I learned that are new:

What I liked about this speaker: She was passionate about what she spoke on and had done

research

The important lesson I learned from this speaker: Trauma can happen at any point and it may look incidental to us as teacher's but isnt to them

General comments: I enjoyed myself and would of liked to go to some of the conferences that were mentioned as I found the information fascinating

**Reference: Seadragonz Swim School**

First Name: Nicole

Conference Title: Janine Ramsey seminar hosted by Seadragonz Swim School

Date/s: 17/02/2019

Session Title: Recognising and preventing toxic stress and trauma in infants

and young children's aquatic lessons

Session Speaker: Janine Ramsey

Session Time: 1pm

Speaker Background: From QLD. Had a swim school. Degree in statistics. Done lots of degrees. This is a hobby for Janine.

Useful ideas I am bringing back to share: We need to educate our parents more. Our philosophy of

teaching with love. What this means and what we do to support this. In the water we need to be more aware of the kids feelings and how we approach situations. Be more vigilant on deck with new students and upset students, even being aware of the parents and how they are encouraging their children, sometimes the parents can be too forceful. Really need to be onto our dr1s and parents getting in for the transition. Parents

in baby classes, making sure parents listen to their child, know when to stop.

Something/s I learned that are new: The early development of the brain. The science behind this I

loved.

What I liked about this speaker: She's very passionate about what she's talking about. Lots of work has gone into the talk and she know what she's talking about.

The important lesson I learned from this speaker: Same as above.

General comments:

**Reference: Seadragonz Swim School**

First Name: Tara

Conference Title: Recognising and Preventing Toxic Stress and Trauma in

infants and Young Childrenʼs Aquatic Lessons.

Date/s: 17/2/2019

Session Title: Working on identifying Stress and Trauma in your aquatic

lessons and making sure it is eliminated

Session Speaker: Ms Janine Ramsey

Session Time: 1 till 5

Speaker Background: Swim Teacher, Swim School owner, mother, grandmother

and passionate advocate to study and research in Trauma and Toxic Stress to infants and young children

Useful ideas I am bringing back to share: Keep up the compassion to your babies, children, adult

students and even your babies parents as everyone can suffer Toxic Stress. Even parents can be suffering if their kids donʼt even want to get in the water

Something/s I learned that are new: It never good for a student or parent to be upset but itʼs good to know that talking, compassion, even hugs and parents interaction does make a difference to repairing the trauma that has happened

What I liked about this speaker: How compassionate she was about the topic and how far she is willing to take her information to get some research done on how swimming and Trauma can effect everyone.

The important lesson I learned from this speaker: Even though some practices are unthinkable to some they are still able to be practised so be confident with your knowledge and make sure that you donʼt let your developing childrenʼs brains be damaged when they are with you. Be well researched and know what can harm them. But also what can heal them if something did happen out of your control fix it

General comments: I believe that my training has been very informative in nurturing and caring for all my students and parents, as a mother myself you can always learn a better or new way or even help others see other ways of doing things. Going to these seminars should make you more self correcting with every class you do by making it better,slower,faster, whatever is needed to make the class enjoyable and stress free

for everyone. Janine should have made you think about everyone. Janine should have made you think how important it is to ask and respond appropriately to all you childrenʼs and parents requests and discomforts.

**Reference: Seadragonz Swim School**

First Name: Heather

Conference Title: Recognising and preventing toxic stress and trauma in

swimming lessons

Date/s: 17th February 2019

Session Title: Recognising and preventing toxic stress and trauma in

swimming lessons

Session Speaker: Janine Ramsey

Session Time: 1-5pm

Speaker Background: Swim school teacher Counsellor

Useful ideas I am bringing back to share: Remember to look through the “trauma lens” Parents are

key to regulating emotions in child

Something/s I learned that are new: Cortisol peaks after 20 minutes of stress. First 3 years are for emotional growth so important to recognise and relate on an emotional level. No learning is done outside the window of tolerance Deliberate actions caused by others creates more stress. Water is a primal fear. Could create lifelong epigenetic changes depending on stressor

What I liked about this speaker: She presented a harsh topic in a gentle way She gave heaps of resources to look into later

The important lesson I learned from this speaker: Keep the parent involved. Sending them away creates loss of power to the child. The ability to be supported by a family/community affects the trauma outcome. No need to talk about the fear- it doesnʼt always help

General comments: I love the term dissociation The forced swimming test was also interesting to watch I feel better educated on the process of survival Swimming styles

**Reference: Seadragonz Swim School**

First Name: Jordan

Conference Title: Recognising trauma in the water

Date/s: 17/2/19

Session Title: Recognising and preventing toxic stress and trauma in

infant and young childrenʼs aquatic lessons

Session Speaker: Janine Ramsey

Session Time: 1pm-5pm

Speaker Background: Janine has had a swim school in NZ for 25 years

Useful ideas I am bringing back to share:

Something/s I learned that are new:

What I liked about this speaker: Engaging and allowed for lots of interaction and brainstorming time.

The important lesson I learned from this speaker: I learnt a lot about helping children overcome their anxiety in the water.

General comments: It was a great conference

**Reference: Seadragonz Swim School**

First Name: Keegan

Conference Title: Recognizing and Preventing Toxic Stress and Trauma in

Infant and Young Children's Aquatic Lessons

Date/s: 17/02/2019

Session Title: Same as conference title:

Session Speaker: Janine Ramsey

Session Time: 1300 - 1700

Speaker Background: Former owner and manager of a swim school in New Zealand and after its closure a speaker and expert in aquatic trauma

Useful ideas I am bringing back to share: Due to everyone attending I am not bringing things back to

share, however some of the things shared at the conference that I found useful were some of the new

tactics and approaches to getting difficult unwilling or scared students active in the water during their lessons. I especially thought that the idea of a bucket of water with toys beside the pool is fantastic and not some thing I had previously considered.

Something/s I learned that are new: I loved that Ms Ramsey chose to communicate and delve into

the science behind what she discussed. As psychology and biology are not really something I am knowledgeable in I found what she had to say to be new and informative as well as interesting.

What I liked about this speaker: As someone who enjoys reading studies and using them to

justify my thoughts and approaches, I like how Ms Ramsey brought up many studies that I can now research and go through in my own time. In fact much of my notes is writing down these studies so i can do just that.

The important lesson I learned from this speaker: I don't think any of Seadragonz's staff would ever want to traumatize a child and so I think the best thing I took away from Ms Ramsey was her explanation of recognising many of the signs of a child who is upset, as I would hate to cause upset to any of my students, knowing what to look out for before they start to become upset is a fantastic skill.

General comments: I definitely look forward to her carrying out her study and getting to read the results found.