

Multimedia Learning Resources

Ted Talks

Title	Presenter	Description	Topic
Love No Matter What	Andrew Soloman	What is it like to raise a child who's different from you in some fundamental way (like a differently abled kid, or a criminal)? In this quietly moving talk, writer Andrew Solomon shares what he learned from talking to dozens of parents -- asking them: What's the line between unconditional love and unconditional acceptance?	Special Needs
How Childhood Trauma Affects Health Across a Lifetime	Nadine Burke Harris	Pediatrician Nadine Burke Harris explains that the repeated stress of abuse, neglect and parents struggling with mental health or substance abuse issues has real, tangible effects on the development of the brain. This unfolds across a lifetime, to the point where those who've experienced high levels of trauma are at triple the risk for heart disease and lung cancer.	Brain Development
Mindfulness and Neural Integration	Daniel Siegel	This talk examines how relationships and reflection support the development of resilience in children and serve as the basic '3 R's' of a new internal education of the mind.	Brain Development
Power of Vulnerability	Brene Brown	Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk at TEDxHouston, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.	Relationship
How to Raise Successful Kids without Over-Parenting	Julie Lythcott-Haims	By loading kids with high expectations and micromanaging their lives at every turn, parents aren't actually helping. At least, that's how Julie Lythcott-Haims sees it. With passion and wry humor, the former Dean of Freshmen at Stanford makes the case for parents to stop defining their children's success via grades and test scores. Instead, she says, they should focus on providing the oldest idea of all: unconditional love.	General Parenting
Grit: The Power of Passion & Perseverance	Angela Lee Duckworth	Angela Lee Duckworth explains her theory of "grit" as a predictor of success.	General Parenting
For Parents, Happiness is a Very High Bar	Jennifer Senior	Why is parenthood filled with so much anxiety? Because the goal of modern, middle-class parents—to raise happy children—is so elusive. In this honest talk, she offers some kinder and more achievable aims.	General Parenting
Play is More than Just Fun	Stuart Brown	Plenty of play in childhood makes for happy, smart adults — and keeping it up can make us smarter at any age.	General Parenting
How to Raise a Black Son in America	Clint Smith	As kids, we all get advice from parents and teachers that seems strange, even confusing. This was crystallized one night for a young Clint Smith, who was playing with water guns in a dark parking lot with his white friends. In a heartfelt piece, the poet paints the scene of his father's furious and fearful response.	Transracial Parenting
The Sibling Bond	Jeff Kluger	Jeff Kluger explores the profound life-long bond between brothers and sisters, and the influence of birth order, favoritism and sibling rivalry.	General Parenting
5 Dangerous Things you Should Let Your Kids Do	Gever Tully	Gever Tully founder of the Tinkering School, spells out 5 dangerous things you should let your kids do -- and why a little danger is good for both kids and grownups.	General Parenting

The World Needs All Kinds of Minds	Temple Grandin	Temple Grandin, diagnosed with autism as a child, talks about how her mind works -- sharing her ability to "think in pictures," which helps her solve problems that neurotypical brains might miss. She makes the case that the world needs people on the autism spectrum: visual thinkers, pattern thinkers, verbal thinkers, and all kinds of smart geeky kids.	Special Needs
3 Rules to Spark Learning	Ramsey Musallam	In a fun and personal talk, Musallam gives 3 rules to spark imagination and learning, and get students excited about how the world works.	General Parenting
Stroke of Insight	Jill Bolte Taylor	Jill Bolte Taylor got a research opportunity few brain scientists would wish for: She had a massive stroke, and watched as her brain functions -- motion, speech, self-awareness -- shut down one by one. An astonishing story.	Brain Development
10 Ways to Have a Better Conversation	Celeste Aeadla	In this insightful talk, she shares 10 useful rules for having better conversations.	General Parenting
A Child of the State	Lemn Sissay	Poet and playwright Lemn Sissay tells his own moving story.	Foster Care
Why Thinking You Are Ugly is Bad for You	Megan Ramsey	Meaghan Ramsey of the Dove Self-Esteem Project has a feeling that many of them are young girls. In a deeply unsettling talk, she walks us through the surprising impacts of low body and image confidence—from lower grade point averages to greater risk-taking with drugs and alcohol. And then shares the key things all of us can do to disrupt this reality.	Self-Esteem
The Paradox of Trauma-Informed Care	Vicky Kelly	Vicky Kelly is nationally known trainer in the areas of trauma and attachment. Her talk focuses on an approach that calls for a focus not just on someone's behavior, but, more importantly, on what drives behavior.	Brain Development

Podcasts

Show	Episode/Topic	Speaker	Description
Foster Adoption Podcast		Hosted by Adam R.	The Foster Adoption Podcast is a resource for people who are interested in growing their family by adopting children from foster care. Follow along the journey of one couple adopting children from foster care. https://itunes.apple.com/us/podcast/foster-adoption-podcast/id1058708950?mt=2
How Trauma Lodges in the Body		Bessel van der Kolk	Through his longtime research and innovation in trauma treatment, van der Kolk shares what he's learning about how bodywork like yoga or eye movement therapy can restore a sense of goodness and safety. What he's learning speaks to a resilience we can all cultivate in the face of the overwhelming events. https://onbeing.org/programs/bessel-van-der-kolk-how-trauma-lodges-in-the-body-mar2017/
Joyful Courage Parenting	Episode 76: How to Listen	Patty Wipfler	Hosted by Casey O'Roarty, a Positive Discipline Trainer and Parent Coach who presents informative and educational parenting talks. http://www.joyfulcourage.com/podcast/2017/1/23/eps-76-patty-wipfler-founder-of-hand-in-hand-parenting-teaches-us-how-to-listen
	Episode 78: Get Real about Race and Racism	Jasen Frelot	http://www.joyfulcourage.com/podcast/2017/2/6/eps-78-jasen-frelet-and-i-get-rea-about-race-and-racism

	Episode 100: Brain Informed Parenting	Dr. Tina Bryson	http://www.joyfuleourage.com/podcast/100
	Episode 106: Becoming Calm Responders	Alexandra Hughes	http://www.joyfuleourage.com/podcast/106
	Episode 110: Finding the Need Beneath the Behavior	Alison Smith	http://www.joyfuleourage.com/podcast/110
	Episode 109: Learning How to Be a More Conscious Parent by Tuning Into Your Body	Kelly Covers	http://www.joyfuleourage.com/podcast/109
NPR: Story of the Day	Growing up 'White,' Transracial Adoptee Learned to Be Black	Chad Goller-Sojourner	https://www.npr.org/2014/01/26/266434175/growing-up-white-transracial-adoptee-learned-to-be-black
NPR: Talk of the Nation	The Parenting Dilemmas of Transracial Adoption	Neal Conan	http://www.npr.org/2011/05/11/136208967/transracial-adoptions-raise-parenting-dilemmas
Parent-Child Relationship/Attachment/Trauma/Families/Children		Selma Bacevac	Listen to expert knowledge, tips and tools to help your parent-child relationship. https://itunes.apple.com/us/podcast/parent-child-relationship-attachment-trauma-families/id1242081323?mt=2
Trauma-Informed Support			Practical, evidence-based strategies for challenging students. https://itunes.apple.com/us/podcast/trauma-informed-support/id1202867697?mt=2

YouTube Videos

Channel	Presenter	Topic
Kids In The House https://www.youtube.com/user/kidsinthehouseTV	Beth Hall	Positive Racial Identity
		Addressing the Needs of Non-Adopted Siblings
		The Importance of Talking about Birth Parents
	Denene Millner	Tips for Teaching Kids about Racism
	Dr. Dan Siegel	How to Teach Kids Social and Emotional Intuition
	Dr. Gordon Neufeld	How to Develop Good Attachment with Your Child
	Dr. Shefali Tsabary	How the Wounds of the Past Affect Our Parenting
		Conscious Parenting
	Dr. Tina Bryson	How to Teach Emotional Intelligence
		Talking to Your Kids After Losing Your Temper
Maureen Donley	Acknowledging Loss in Adoption	
	Helping Issues that Arise in Blended Families	

		The H.A.L.T. Method for Tantrums
	Morris Dees	Teaching Kids about Diversity
https://www.youtube.com/watch?v=vMc4ImN8RsE	Dr. Tina Bryson	Emotional Responsiveness
https://www.youtube.com/watch?v=olSPWzI3yL0		10 Brain-Based Strategies