



The Stress Test: Resource and Reference List

Compiled by Jennifer C. Fiechtner and Kay M. Albrecht –

Innovations in Early Childhood Education, Inc. – May 2019

Michelle Forrester & Kay Albrecht - [Social Emotional Tools for Live: An Early Childhood Teacher's Guide to Supporting Strong Emotional Foundations and Successful Social Relationships](#)

Jennifer Fiechtner, Kay M. Albrecht, & Michelle Forrester – [Five Parenting Strategies to Support Emotional Development](#)

Jennifer Fiechtner – [Helping Children Cope with Stress](#)

Jennifer Fiechtner – [Building Connections with Families](#)

Jennifer Fiechtner & Kay Albrecht – [Mindful Transitions: Supporting Social and Emotional Development in the Classroom](#)

Jennifer Fiechtner & Kay Albrecht – [Understanding and Managing Challenging Behavior](#)

Jennifer Fiechtner & Kay Albrecht – [Administrative Practices that Support Emotional Development](#)

Kay Albrecht & Bev Engel – Moving Away from a Quick-Fix Mentality to Systematic Professional Development

Kay Albrecht, Jennifer Fiechtner, & Michelle Forrester – [Emotional and social development during the early childhood years – helping teachers support strong emotional foundations and successful social relationships](#)

Brené Brown – [The Gifts of Imperfection](#)

Common Sense Education – [Apps and Websites for Improving Parent-Teacher Communication](#)

Harvard Health Publishing: Harvard Medical School – [Protect your brain from stress](#)

Psychology Today – [Chronic Stress Can Damage Brain Structure and Connectivity](#)

[Trauma Informed Positive Behavior Support](#)

We Are Teachers – [10 Things About Childhood Trauma Every Teacher Needs to Know](#)

Center on the Developing Child at Harvard University

[Building Adult Capabilities](#)

[Building Core Capabilities for Life](#)

[Building Adult Capabilities to Improve Child Outcomes](#) (YouTube video)

[Excessive Stress Disrupts the Architecture of the Developing Brain](#)

[Epigenetics and Child Development: How Children's Experiences Affect Their Genes](#)

[Pushing Towards Breakthroughs: Using Innovated Practice to Address Toxic Stress](#)

[Toxic Stress Derails Healthy Development](#) (YouTube video)

[Three Principals to Improve Outcomes for Children and Families](#)

