



## **Orchard Human Services, Inc.**

*Uplifting lives by counseling, educating and caring.*

# **A Heart-Centered Approach to Calming the Stressed Child Brain**

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**GAEYC PRAEYC 2022 Spring Conference**

### **References & Presentation Guide**

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**Brief Summary:**

The human capacity for heart-centered connection is a source of soothing, nurturance, compassion, and healing for infants and children in stress and distress. Explore Heart Rate Variability [HRV] and the neurobiology of love. Discover how to use heart-centered human capacities to calm the stressed brain of a child. Learn skills to use to help restore calm, focus, trust, mental ease, and wellness in infants and children who have been negatively impacted by recent traumatic events in human history.



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