



SEEDS



BIRTH TO EIGHT ROADMAP



Instructional Alignment

SEEDS PD can be offered as joint trainings to all instructional and support staff, teachers, and leaders across LAUSD Early Childhood Education Division and early elementary schools.

SEEDS PD connects knowing and doing to bridge the “application gap.” LAUSD staff practice skills during SEEDS sessions, try out those skills between sessions in their settings, and then share their experiences at subsequent sessions to receive actionable feedback.

SEEDS PD provides opportunities to build stronger relationships among staff members, improve communication within and across teams, and promote workforce wellbeing.

Family Engagement Alignment

SEEDS PD and SEEDS Parent Program are coordinated trauma-informed, resilience-promoting programs designed to strengthen home-school connections by equipping staff and families to use a common language and a shared set of skills to support young children’s development.

SEEDS Parent Program promotes parenting skills via in-session and at-home practice, as well as feedback from peers and professionals.

Both programs focus explicitly on empowering parents and caregivers to advocate effectively for their child, as well as building trusting, collaborative relationships between LAUSD staff and families.

Data Alignment

SEEDS is research-based, emphasizing skills found to be predictive of school readiness and long-term school success.

SEEDS utilizes pre- and post-evaluation, including both formative and summative assessments, to ensure ongoing quality improvement.

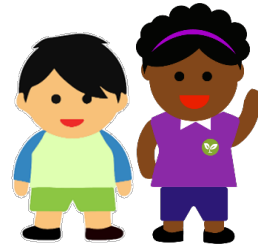
Whole Child Alignment

SEEDS PD and SEEDS Parent Program leverage relationships and play to promote children’s social and emotional development, including behavioral control, emotion regulation, and executive functioning. These self-regulation skills are foundational to early learning and essential for a successful start in school and wellbeing throughout life.

Public & Private Partnerships Alignment

SEEDS was developed and is supported by a team of researchers (Blair Paley, Ph.D., Jolie Delja, M.S., and Clare Gorospe, B.S.) at UCLA in the Division of Population Behavioral Health. Through a partnership between DMH, UCLA, and LAUSD, SEEDS is being implemented in five LAUSD Early Education Centers, with potential for broader expansion.

LAUSD staff certified to implement SEEDS PD and SEEDS Parent Program also receive training and mentorship in how to communicate about both programs and how to engage potential stakeholders.



SEEDS for Family School Readiness

Cultivating School-Ready Families and Family-Ready Schools

SEEDS offers trauma-informed programs that use play as a powerful way for adults to learn and connect.

SEEDS Professional Development Program (SEEDS PD) equips early childhood professionals to provide trauma-informed care so that children with histories of trauma and other early adversities can build healthy relationships and self-regulation, both essential for school readiness.

SEEDS PD is 18 hours of professional development exploring:

- How to build nurturing relationships with children
- How to support children's development of self-regulation skills
- How to strengthen relationships with parents and caregivers

SEEDS Parent Program supports parents and caregivers in building family school readiness. Parents and caregivers practice creating special moments with their child, promoting their child's school readiness, and collaborating with their child's school and teachers.

SEEDS Parent Program is implemented as 14 two-hour sessions exploring:

- How play can support their child's readiness-to-learn skills
- How parents can co-regulate with their child to manage behaviors and emotions
- How parents can effectively communicate with teachers

SEEDS offers a Train-the-Facilitator model so that early childhood professionals can become certified as facilitators of SEEDS PD and SEEDS Parent Program.

At SEEDS Facilitator Training, facilitators learn the theoretical foundations and research basis for SEEDS and experience intensive, hands-on practice with facilitating SEEDS sessions.