

# LESLEY ANN WALDHEIM EARLY CHILDHOOD CENTER



At the FamilyForward Lesley Ann Waldheim Early Childhood Center Therapeutic Preschool, we specialize in working with young children who have experienced early trauma. The Therapeutic Preschool provides a highly structured environment utilizing trauma-informed, developmentally sensitive interventions for children ages three to five experiencing emotional and behavioral difficulties resulting from histories of developmental trauma. Our individualized approach prioritizes each child's unique needs and supports their entire therapeutic web including caregivers and treatment teams.

## Program Components Include:

- ▶ Highly trained staff; maximum of four children to one staff ratio
- ▶ Programming driven by the Neurosequential Model of Therapeutics (NMT)™ developed by Dr. Bruce Perry, to provide individualized, developmentally sensitive, and neurobiologically informed classroom experiences for each child
- ▶ Therapeutic, play-based classroom experiences that emphasize connection, sensory integration, and regulation
- ▶ Specific therapeutic models include:
  - ▶ Directive and Child-Centered Play Therapy
  - ▶ Group therapy utilizing Sunshine Circles
  - ▶ Family therapy with principles of Theraplay
  - ▶ Attachment, Regulation and Competency (ARC) Model
- ▶ Integrated, trauma-informed Occupational Therapy
- ▶ Support for the child's therapeutic web including case management, psychoeducation, coaching, and advocacy



# Frequently Asked Questions

## What are the hours?

### Monday – Thursday

8:00 to 8:30 am Before Care\*

8:30 am to 3:00 pm Full-day Program

3:00 to 4:30 pm After Care\*

**Friday: CLOSED**

*\*Limited spots are available in before and after care*

## How much does the program cost?

There is no cost to families for the full-day program.

## Who is eligible?

The program serves preschool-age children who have experienced developmental trauma and who are presenting with emotional and behavioral regulation challenges as a result of their history of adverse experiences.

## Will you provide transportation?

No, we do not provide transportation.

## Do I need to pack my child's lunch?

No. We will provide all meals and snacks.

## Where is the new Center located?

Lesley Ann Waldheim  
Early Childhood Center  
2780 N Lindbergh Blvd  
Saint Louis, MO 63114



## Contact Us

**Need more information or want to talk with enrollment?**

314.534.9350

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[familyforwardmo.org](http://familyforwardmo.org)