

ChildBuilders Presents

BUILDING PATHWAYS *for* HEALTHY MINDS

Webinar Series for Parents and Caregivers, Fall 2023

You've Got This: Parenting and Children's Mental Health

August 4, 12pm-1pm

What is typical childhood behavior and when should I be worried? What can I do if my child begins to experience a mental health issue? In this interactive webinar, participants learn about signs and symptoms of mental health concerns in young children and discuss 3 strategies for helping children who may be developing mental health issues.

Parenting With Empathy Part 1: Creating a Nurturing Environment for Children

September 13, 12pm-1pm

Children need connection and guidance to grow into healthy adults. This workshop will help you learn to parent with connection in mind, using empathy and assertiveness to reach that goal. You will walk away with hands-on strategies for cultivating connection in your home and a better understanding of how empathy can be used to nurture and guide children.

Keeping Children Safe in a Troubled World

October 25, 12pm-1pm

This workshop presents proactive strategies adults can use to recognize and respond to abuse. Participants will develop a general understanding of child maltreatment, learn to identify signs and symptoms of abuse, and explore ways to prevent trauma.

When Life Gets Hard: Parenting Through Trauma

August 23, 12pm-1pm

What are Adverse Childhood Experiences? How does trauma impact children? What works to help children who have experienced trauma, such as grief and adversity? In this interactive webinar, participants will learn about trauma's effect on development and behavior and come away with 5 strategies to help their child heal from traumatic experiences.

Parenting With Empathy Part 2: Connection and Correction

October 6, 12pm-1pm

Parenting is about the day-to-day interactions we have with our children that build trust and love. This presentation will focus on connecting with your children while disciplining. Learn strategies to set boundaries and hold children accountable for their choices, while maintaining respect for yourself and your child.

Feeling Stressed: Learn Mindfulness Parenting

November 15, 12p-1p

Mindfulness helps parents and guardians find a new way to respond to the day-to-day stress of parenting, calm their mind, become less judgmental, and be kinder to themselves and their children. Participants will learn to let go of their distracted thinking and refocus their attention on the present in a nonjudgmental way.

