

ChildBuilders Presents

# BUILDING PATHWAYS *for* HEALTHY MINDS

Learn Healthy Tools for Parenting Young Children  
Wednesday Webinars for Parents and Caregivers, Spring 2023

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

*January 24, 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.

## **When Children Test Your Patience: Parenting With Empathy**

*February 22, 12pm-1pm*

Children need connection and guidance to grow into healthy adults. This presentation will focus on connecting with your children while disciplining. Participants will learn different methods that can be used to help guide children toward wise choices while keeping their dignity intact.

## **When Life Gets Hard: Parenting Through Trauma**

*March 22, 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.

## **Keeping Kids Safe in a Troubled World**

*April 12, 12pm-1pm*

This workshop will present proactive strategies adults can use to recognize and respond to abuse (such as bullying, sexual abuse, emotional abuse, or physical abuse). Participants will develop a general understanding of child abuse, learn to identify signs and symptoms of abuse, and explore ways to prevent trauma.

## **Feeling Stressed: Learn Mindfulness Parenting**

*May 10, 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.



For more information, please visit:  
<https://childbuilders.org/parent-workshops>

