

ChildBuilders Presents

# BUILDING PATHWAYS *for* HEALTHY MINDS

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

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

*April 6, 12p-1p*

Children need connection and guidance to grow into healthy adults. The 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 the dignity of the child intact.

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

*April 13, 12p-1p*

Mindfulness helps you to pay attention to the here and now with kindness, openness, and curiosity. Participants will learn to let go of their distracted thinking and refocus their attention on the present in a nonjudgmental way. 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.

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

*April 20, 12p-1p*

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 Life Gets Hard: Parenting Through Trauma**

*April 27, 12p-1p*

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**

*May 4, 12p-1p*

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.

