

Early Childhood Class Opportunities
For Parents, Grandparents, Teachers, Providers,
and Community Members
“Together We Can Make A Difference”

Topic: **Three of the Six Key Strategies for Promoting Children's Mental Health in Early Childhood Programs**

Key 4: Teach Self-Regulation Skills

Key 5: Support and Enhance Resilience

Key 6: Teach Friendship Skills

When: Saturday, February 9th **Time:** 8:30 am to 3:00 pm

Where: White Earth Child Care/Head Start Building, White Earth, MN

During our study of “Key Four” we will discuss “How to teach children to know their own engines.” An important emotional achievement for children in early childhood, one that is crucial to their positive mental health, is the ability to regulate with consistency their own emotions and feelings. Perhaps the mastery of no other single milestone will have greater impact on a child and her relationships with others for the rest of their life. We will learn strategies to help young children gain emotional regulation skills. Helping children gain these skills to handle stress, get rid of anger and to share happiness and joy is a life-long gift adults can give our children.

During our study of “Key Five” we will gain an understanding of “What it means to be at risk” and how we can support and enhance resilience in our children. As caregivers, (anyone who is involved in a child’s life), it’s important to study the role of resiliency and how it becomes a critical factor in how children who are at risk will handle stress, react or adapt to negative situations, and overcome obstacles to their attainment of healthy mental health. Resilience is the individual’s ability to adapt successfully when exposed to risk factors that may be biological or environmental. We will study and gain a better understanding of internal and external risk factors and how they affect a child’s development and mental health and what our role is as caregivers to support and enhance resilience in our children.

During our study of “Key Six” we will discuss the relationship between emotional and social development. We will look at the caregivers role in “teaching friendship skills.”. Topics of discussion will be: aggression and social relationships, the need for social relationships, social competencies as friendship skills, and how to use experiences/activities to teach children the skills they need to be a friend. The caregiver’s role is so important in helping children develop social relationships with their peers; it is essential for the positive mental health of a child in which their sense of self and belonging is supported and nurtured, too.

You will also receive some fun/meaningful activities to do with children for Feb!

Lunch and snacks will be served - Please call Sue Heisler at 218-983-3285 to register by noon on Thursday Feb. 7th to give me ample time to prepare handouts and food.

These classes are sponsored by White Earth Child Care and co-sponsored with Lakes and Prairies Child Care Resource & Referral.

Per request Saturday trainings are being offered to give 6 hour classes to meet those who have hourly early childhood class requirements for their jobs.