

Let's talk about resilience!

The webinars listed below will cover the topics of resilience in young children, your own resilience, a strategy for challenging behavior, and family resilience. Register for one, two, three, or all of them!



Thursday, February 29, 2024 from 6:00-7:30pm MT / 7:00-8:30pm CT

Pack Resilience in the Suitcase: Promoting Resilience in Young Children

See next page for description

Register: <https://dcrc.me/3RnTvrS>

Thursday, March 21, 2024 from 6:00-7:30pm MT / 7:00-8:30pm CT

Fill Your Pitcher Before You Pour! Promoting Adult Resilience

See next page for description

Register: <https://dcrc.me/419ByjV>

Thursday, April 18, 2024 from 6:00-7:30pm MT / 7:00-8:30pm CT

Don't Flip Out, Use FLIP IT: Transforming Challenging Behavior

See next page for description

Register: <https://dcrc.me/3Go2rHe>

Thursday, May 23, 2024 from 6:00-7:30pm MT / 7:00-8:30pm CT

All Children Come with Grown-ups Attached: Promoting Family Resilience

See next page for description

Register: <https://dcrc.me/3R49LN3>

We look forward to your participation!



Thursday, February 29, 2024 from 6:00-7:30pm MT / 7:00-8:30pm CT

Pack Resilience in the Suitcase: Promoting Resilience in Young Children

Presented by Rachel Wagner, MSW

Young children take their early experiences with them for the rest of life's journey. We can help pack children's suitcases with all the essential skills and tools they will need. We can put protective factors in the suitcase by focusing on resilience. Resilience is the ability to bounce back from change and misfortune. Research tells us that resilience is increased when children have: (1) Healthy relationships; (2) Self-regulation; and (3) Initiative—three key protective factors. When children have healthy initiative, self-regulation and attachments, they are more likely to be successful in school and life. A child with protective factors will also engage in fewer challenging behaviors. Participants will leave this session empowered with the knowledge and skills to set children up for success in school and life. Participants will gain a better understanding of resilience and how to ensure children have protective factors packed in their suitcase.

Thursday, March 21, 2024 from 6:00-7:30pm MT / 7:00-8:30pm CT

Fill Your Pitcher Before You Pour! Promoting Adult Resilience

Presented by Nefertiti B. Poyner, Ed.D.

Teaching young children can bring great joy and satisfaction as well as tremendous stress. Teachers who feel stressed, tired and overwhelmed are at risk for burn out and are challenged to provide high quality care. The connection between teacher well-being and children's healthy development is explored in this session that focuses on adult resilience. Resilience is defined as "the ability to recover from or adjust easily to misfortunate or change." A resilient individual experiences challenges, but has learned the skills, habits and behaviors to buffer these risks and move forward. In this session, participants will learn about four research-based areas that are essential for adult resilience: (1) Healthy relationships; (2) Self-regulation; (3) Initiative and (4) Internal Beliefs. These four areas of resilience (called protective factors) are examined and strategies shared. Participants will walk away learning how to incorporate small changes into their daily routines that emphasize self-care.

Thursday, April 18, 2024 from 6:00-7:30pm MT / 7:00-8:30pm CT

Don't Flip Out, Use FLIP IT: Transforming Challenging Behavior

Presented by Rachel Wagner, MSW

Children's challenging behavior seems to be on the rise. We are often stumped by what to say and do when a child has done something hurtful, impulsive, disruptive or disrespectful. FLIP IT is four, simple and effective steps to help us transform a difficult moment into one where everyone can learn and grow. We can help children learn about their feelings and gain self-control by using the mnemonic: Feelings, Limits, Inquiries, Prompts. FLIP IT is kind, practical, realistic, and will improve your relationships with children, ages 3-8 years old. During this keynote/workshop with the author, you will be inspired by real-life stories, have opportunities for personal reflection, and be ready to use this strategy immediately.

Thursday, May 23, 2024 from 6:00-7:30pm MT / 7:00-8:30pm CT

All Children Come with Grown-ups Attached: Promoting Family Resilience

Presented by Nefertiti B. Poyner, Ed.D.

The relationship between families and programs are essential to the well-being of children. When all goes well the partnership can be life changing for a child. During this workshop, participants will learn how to support family partnerships by (1) honoring family's values, cultures and emotions; (2) creating a mutual goal of supporting resilience in the child; and (3) promoting the resilience of adults within the family system as a pathway to family partnerships. Sometimes values, culture and emotions collide and create a strained relationship. With a focus on resilience and protective factors, this webinar will help participants better understand how to give one of the best gifts we can give children - a positive partnership between home and school.