

COMMUNITY CONNECTIONS



Opportunities for Education, Engagement, and Action

January to April | 2023



In this issue:



Featured Presentation



Webinars for Parents and Professionals



Dads in Action Resources



Spanish Health and Wellness Resources



Free Virtual Baby Shower



Practical Parenting Tips



26th Annual School Healthcare Conference



Community Events and Conferences



Birth and Beyond Parenting Blog



Feature Presentation

How Your Parenting Personality is Helping You Shine and Holding You Back *(Session 1)*

4-Part Virtual Parenting Series with Evie and Sarah

Wednesday, January 18, 6:30-7:30 p.m. - [REGISTER HERE](#)

Why do parts of parenting come so easily to some people but not others? Decipher when your parenting personality is helping you shine and holding you back. Take a journey of self-discovery to build your parenting skills and your confidence. Attend this interactive talk to discover and embrace the nuances of how your parenting personality gives you superpowers and creates areas for personal growth.

Before attending the first session, visit EvieandSarah.com/Quiz to take the parenting personality quiz developed by Dr. Sarah Davis, Evie Granville, MEd, and pediatrician, Dr. Molly O'Shea. The Solar System Parenting Quiz reveals your parenting personality – Crescent, Fireball, or Constellation, along with your unique strengths and struggles.



Harness Your Parenting Personality Superpowers to:

[Manage your Child's Screen Time and Use it to Your Advantage *\(Session Two\)*](#)

Wednesday, February 15, 6:30-7:30 p.m.

[Create and Maintain a Strong Emotional Connection with Your Child *\(Session Three\)*](#)

(Session Three)

Wednesday, March 15, 6:30-7:30 p.m.

[Develop Your Child's Listening Skills *\(Session Four\)*](#)

(Session Four)

Wednesday, April 19, 6:30-7:30 p.m.

Register for each session individually.

Presenters

Dr. Sarah Davis and Evie Granville, MEd are parenting educators, researchers, community builders, authors, podcasters, best friends, and moms. Dr. Sarah Davis is a child development expert with a master's in education from University of San Diego and a doctorate of education from Texas A&M University. Evie Granville, MEd is a parent educator and thought leader who graduated from Columbia University with honors, and earned her master's degree in secondary education from George Mason University. Their tried-and-true advice has been featured by Parents MSN, Reader's Digest, and other major media outlets.

To learn more about Evie and Sarah, visit EvieandSarah.com.



Photo credit: Cameron Whitman Photography

Register at CHKD.org/Classes



Get Connected Webinars for Parents and Professionals

Register at [CHKD.org/Classes](https://www.chkd.org/Classes) for login information.

Positive Discipline (Ages 5-12)

Get to the core of misbehavior and help your child succeed. Positive discipline offers techniques that work to establish strong relationships and responsible children.

[Wednesday, January 11, 6:30-7:30 p.m.](#)

[Wednesday, March 29, 6:30-7:30 p.m.](#)

Children and Stress

Understand what stress is and how it impacts children. Consider strategies for helping your child cope with common stressful situations and experiences. Learn effective ways to lessen tension, increase cooperation, and support development.

[Wednesday, February 1, 6:30-7:30 p.m.](#)

[Wednesday, April 5, 6:30-7:30 p.m.](#)

Understanding Anger in Children (Ages 6-12)

Understand the causes of anger, how to anticipate and defuse angry outbursts, and how to help your child manage their own emotions.

[Wednesday, February 8, 6:30-7:30 p.m.](#)

Helping Young Children Manage Emotion (Ages 2-6)

Learn how an adult's response to a child's emotional upset can either foster or inhibit a child's ability to develop secure attachments, manage challenges, and develop the brain architecture for positive coping.

[Wednesday, February 22, 6:30-7:30 p.m.](#)

The Power of Play (Ages 0-7)

Play is powerful! Young children use play to learn and grow in all areas of development. Learn how you as a parent or provider can create a playful environment where your child will thrive.

[Friday, March 3, 12:30-1:30 p.m.](#)

Grieving and Growing: Helping Children of All Ages Cope with Change

Understand and respond to children of all ages experiencing loss from divorce, death, deployment, adoption, foster care, or other life-changing circumstances.

[Wednesday, March 22, 6:30-7:30 p.m.](#)

Parenting Webinars ON DEMAND



Can't make a scheduled live interactive webinar? Take advantage of CHKD's parenting webinars **ON DEMAND**. Watch these popular 30-45 minute webinars at your convenience, and get the information you need to parent with ease.



Power of Play!

Learn how you as a parent or provider can create a playful environment where your child will thrive.

ON DEMAND Tried and True Topics:

- Adolescents: Why They Do What They Do
- Children and Stress
- Mindful Moments: Parenting Reset: 4-part series
- Positive Discipline (Ages 5-12)
- Purposeful Parenting
- Understanding Anger in Children (Ages 6-12)

Registration is required to receive the recorded webinar link.

Certificates of attendance do not apply to parenting webinars ON DEMAND. Certificates of attendance can only be received by attending live interactive webinars.

[Register at CHKD.org/Classes](https://www.chkd.org/Classes)



Dads in Action Virtual Resources for Dad



Five-Minute Fatherhood Talks

with Z. Andrew Jatau, LPC

Being a dad is an important job and these five-minute talks will help you build your confidence and connect with your kids. The good news is you can listen to them at your convenience. Available ON DEMAND at CHKD.org/DadsinAction.

The menu of topics include:

- Family of Origin
- Confident Fathering
- Discipline and Fatherhood
- Effective Partner Communication
- Raising Sons
- Financial Anxiety



Spanish Health and Wellness Resources at CHKD Recursos sobre la Salud y el Bienestar de CHKD

CHKD is happy to provide up-to-date health and wellness resources to you in Spanish. We also offer these online parenting resources and printable handouts at CHKD.org/ParentingResources.

CHKD se complace en ofrecerle recursos actualizados sobre la salud y el bienestar en español. También ofrecemos estos recursos de crianza en línea y folletos para imprimir en CHKD.org/ParentingResources.

- Burn Prevention
La Prevención de las Quemaduras
- Children and Stress
Los Niños y el Estrés
- Coping with Crying
Sobrellevar el Llanto
- Never Shake a Baby
Nunca Sacuda a un Bebé
- Parenting in a Blended Family
La Crianza en una Familia Mezclada
- Positive Discipline
La Disciplina Positiva
- Purposeful Parenting
La Crianza con Propósito
- Safe While Asleep
Seguro(a) Mientras Duerme
- Temper Tantrums
Las Rabietas/ Los Berrinches
- Toilet Training
Entrenamiento para Usar el Baño
- Water Safety and Drowning Prevention
Seguridad Alrededor del Agua y Prevención del Ahogamiento

If you are interested in having a Spanish speaking CHKD medical professional attend your virtual or in-person group contact Outreach@CHKD.org. *Si está interesado(a) en que un profesional médico de CHKD que hable español esté presente en su grupo virtual o en persona, favor contactar Outreach@CHKD.org.*

Get Connected with a CHKD Pediatrician

Pediatric Associates of Williamsburg

119 Bulifants Blvd., Williamsburg

Monthly Open House

Several dates are available for new or expectant parents, or families looking for a pediatrician, to meet the staff and tour the office. For more information, call (757) 564-7337.

Visit CHKD.org/Classes for dates, times, and to register.

Suffolk Pediatrics

1009 Hillpoint Blvd., Suffolk

Welcome, Baby!

New and expectant parents, or families looking for a pediatric practice, will have plenty of opportunities to ask questions and tour the office with one of our healthcare providers. For more information, call (757) 668-2250.



Free Virtual Baby Shower

Presented by CHKD and Optima Health

Optima Health is collaborating with Children's Hospital of The King's Daughters to celebrate pregnant moms throughout Hampton Roads. Experts from CHKD and three local birthing hospitals will share advice to help you have a healthy pregnancy and baby. Guest speakers from the Partners in Pregnancy program and CHKD will talk about their services, local parenting resources, what to expect when bringing your new baby home, and answer your questions. A virtual hospital tour will be included with opportunities to learn about Optima Health member benefits. Attendees will also have a chance to win a new stroller and car seat.

Register online at OptimaHealth.com/BabyShower and select the date for your birth hospital, or call 1-833-261-2367 (TTY: 711).

2023 Baby Shower Dates

- Friday, January 13 – Sentara CarePlex Hospital
- Wednesday, February 22 – Riverside Shore Memorial Hospital
- Wednesday, March 15 – Sentara Norfolk General Hospital
- Wednesday, April 19 – Sentara CarePlex Hospital



Practical Parenting Tips

Pet Loss - Now What?

Loss is an inevitable part of life. Grief is an inevitable part of loss. The death of a pet is often the first loss a child experiences. How we as grown-ups respond to the loss can support the child's well-being and create a foundation for coping with grief in the future.

Whether it is a goldfish, a turtle, or a life-long furry friend that dies, here are a few tips for helping your child grieve the loss of their pet.

- Listen and acknowledge all of their feelings. "It's okay to be sad, mad, worried, or confused."
- Answer questions or clarify misunderstandings. "What's the name of the place where they turn dogs into ashes?" "Why did the vet put the cat to sleep?"
- Provide opportunities to talk about and remember the pet. "Would you like to draw a picture, or look at a photo, or go to the beach where the dog was happiest?"
- Recognize that a current loss may bring up feelings from past losses. For example, your child might be

crying about the turtle, and missing a grandparent who moved to a nursing home.

- Do not minimize the loss, or try to replace the pet. "It was only a goldfish!" "We'll get a new puppy."
- Model that feelings are okay and manageable. It is okay for your child to see you express emotions. However, if you are feeling overwhelmed, reach out to another adult for help.
- Teach your child empathy by giving and receiving comforting gestures offered by friends, family members, or neighbors during times of loss.
- Inform other adults as appropriate such as a teacher, coach, or childcare provider.

To register for the webinar Grieving and Growing: Helping Children of All Ages Cope with Change, visit CHKD.org/Classes.



26th Annual School Healthcare Conference

For school health personnel,
teachers, counselors, and
professionals serving youth.

Saturday, January 28, 2023
7:45 a.m. – 3:30 p.m.

Old Donation School, 4633 Honeygrove Road, Virginia Beach, VA

This conference offers a forum for healthcare agencies, school nurses, and school personnel to meet and share information on current health issues in the schools. Participants will learn about conflict resolution strategies, clinic assessment of PE injuries, understanding differences in IEPs and Section 504 plans and how to avoid legal pitfalls, LGBTQ+ identities, risk and protective factors, assessing rashes in the clinic, and how to support anxious students. Earn up to 5.25 contact hours/recertification points for educational personnel, social workers, and nurses. Attendees will enjoy wellness activities throughout the conference.

Participant Fee: \$45 (includes a boxed lunch, snacks, and bottled water).

This fee is non-refundable, however you may request a substitute, if you are unable to attend.

Exhibitor Fee: \$20 (includes vendor table, boxed lunch, snacks, and bottled water for one representative).

Each additional exhibitor participant fee is \$20 (includes a boxed lunch, snacks, and bottled water).



[Register Now at CHKD.org/Classes](https://www.chkd.org/classes)



Community Events and Conferences

To register, visit CHKD.org/Classes

FREE CPR Education Classes

CooPeR Saves Lives CPR Education

CPR can save lives. Through the generous donation of the CooPeR Saves Lives organization, CHKD is offering a non-certified CPR training for adult, child, and infant CPR, to include skills for relief of choking and AED use. This course is offered FREE and spaced is limited.

Tuesday, January 31, 6:30-8 p.m. [Register Here](#)

Tuesday, April 25, 6:30-8 p.m. [Register Here](#)

CHKD Health Center at Landstown, 2nd floor conference room

Mental Wellness Education

Caring Conversations – Talking to Teens about Mental Health

Virtual Program

Thursday, April 27, 6:30-7:30 p.m. [Register Here](#)

CHKD and The Sarah Michelle Peterson Foundation are joining forces to help our community recognize and talk about mental health. Learn how to confidently listen and talk to teens and tweens about mental health and wellness, including depression, anxiety, and suicidal thoughts. Become one of the trusted adults (parents, teachers, coaches, youth leaders, etc.) who teens can approach with concerns about themselves and their peers. Leave with materials to help you start conversations, show that you care, take action, and follow up with help for mental health concerns.

Save the Dates

7th Annual ADHD Symposium

Saturday, April 1, 2023

Chesapeake Bay Academy, 821 Baker Rd, Virginia Beach

Back by popular demand, Edward (Ned) Hallowell, MD will be our featured speaker. Dr. Hallowell is a board-certified child and adult psychiatrist and world authority on ADHD. He is a graduate of Harvard College and Tulane Medical School, and was a Harvard Medical School faculty member for 21 years. He is the founder of The Hallowell ADHD Centers in Boston, New York City, San Francisco, Palo Alto, and Seattle. Space at this in-person event is limited. More information to follow in early 2023.

Check for updates at CHKD.org/Classes.

HRPEN Professional Parent Education Conference - Educate, Equip, and Inspire: Building Resilience in Times of Crisis

Thursday, April 27, 8:15 a.m.-2:30 p.m.

A conference for professionals providing parent education and working with families and youth in homes, schools, healthcare and community organizations. Sessions throughout the event will cover a variety of topics integral to best practice in parent education and the promotion of well-being in children, youth, and families. Hosted by Hampton Roads Parenting Education Network (HRPEN), CHKD and Hampton Healthy Families. Conference agenda, fees, and registration information coming soon.

Check for updates at CHKD.org/Classes.

Youth Suicide: Risk and Prevention Conference Presented by CHKD and EVMS

May 4 and 5, 2023, Times TBD

Thursday, May 4 at EVMS, Lester Hall, Norfolk

Friday, May 5 – Virtual platform

Topics will include fire arms and medication safety, mental health in youth sports, substance abuse and opioid overdose crisis, youth cannabis use for self-medication, and addressing stigma. More information to follow in early 2023.

Check for updates at CHKD.org/Classes.

No time for a program? Check out our online parent resources at your convenience. CHKD.org/ParentingResources

Birth & Beyond Parenting - Featured Blog



10 Ways to Support Kids' Mental Health

Children need our support, and parents play an important role in helping their children build positive mental health and resiliency. The American Psychological Association suggests the following tips for parents to help build resilient children and teens.

1. Make connections. Teach your child the importance of engaging and connecting with their peers, including the skill of empathy and listening to others. Find ways to help children foster connectivity by suggesting they connect to peers in person or through phone, video chats, and texts. It's also important to build a strong family network.

2. Empower your child to help others. Children who may feel helpless can feel empowered by helping others. Engage your child in age-appropriate volunteer work or ask for assistance yourself with tasks that they can master. Brainstorm with your children ways they can help others in their class or in grades below.

3. Maintain a daily routine. Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Work with your child to develop a routine, and highlight times that are for school, work, and play. You might need to be flexible with some routines, particularly during times of distress or transition. At the same time, schedules and consistency are important to maintain.

4. Take a break. While some anxiety can motivate us to take positive action, we also need to validate all feelings. Teach your child how to focus on something that they can control or can act on. Help by challenging unrealistic thinking by asking them to examine the chances of the worst-case scenario and what they might tell a friend who has those worries. Reduce or eliminate troubling TV and social media for you and your children, and be mindful of adult conversations in front of children.

5. Teach your child self-care. Teach your child the importance

of basic self-care. This may be making more time to eat properly, exercise, and get sufficient sleep. Make sure your child has time to have fun and participate in activities they enjoy. Caring for oneself and even having fun will help children stay balanced and better deal with stressful times.

6. Move toward your goals. Teach your child to set reasonable goals and to move toward them one step at a time. Establishing goals will help children focus on a specific task and can build the resilience to move forward in the face of challenges.

7. Nurture a positive self-view. Remind your child of ways they have successfully handled hardships in the past and help them understand that these past challenges build the strength to handle future challenges. Encourage your child to trust themselves to solve problems and make appropriate decisions.

8. Keep things in perspective and maintain a hopeful outlook. Even when your child is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. Although your child may be too young to consider a long-term look on their own, help them see that there is a future beyond the current situation and that the future can be good.

9. Look for opportunities for self-discovery. Tough times are often when children learn the most about themselves. Help your child take a look at how whatever they're facing can teach them "what am I made of."

10. Accept change. Change can often be scary for children and teens. Help your child see that change is part of life and new goals can replace goals that have become unattainable. It is important to examine what is going well and to have a plan of action for what is not going well.

If your child is experiencing a mental health emergency, please proceed to the closest emergency room. If you have general mental health questions, call 757-668-HOPE (4673).

Find more Birth & Beyond parenting blogs at [CHKD.org/Blog/Birth--Beyond-Parenting/](https://www.chkd.org/Blog/Birth--Beyond-Parenting/)