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care unite.

Course Title: Little Brains, Big Emotions: Supporting Early Childhood Mental Health

Duration: 2 hours

Cost: \$20 per family

Overview:

Early childhood mental health is a vital part of a child's development. Please join us in learning more about the ways that you can assist in the healthy development of children's emotional and mental health.

Program Details:

Together we will learn about ways to identify the child's current state of mind and their levels of emotional distress. Then, we will discuss various ways to identify the child's mental health needs and explore strategies and techniques on how to manage and meet those needs.

Course Agenda:

- Introductions
- Benefits of learning about early childhood mental health
- Signs of a child's state of mind, including dysregulation signals
- Impacts of screen time on a child's mental health and behaviors
- Strategies to improve mental health development
- Group discussion/Q&A

Learning Objectives:

- Participants will be able to identify at least two emotional states of children and their associated mental health needs.
- Participants will learn three or more strategies to assist children in their mental health development.

Participants:

This training is designed for children's caregivers including parents, grandparents, childcare providers, early childhood educators and any other adult providing support and care to young children. Additional individuals that can benefit from this training include professionals such as family doctors, mental health professionals and teachers.

Instructor:

Alexandra Holmes (Ali) is completing a Clinical Mental Health Counseling graduate program through Fort Hays State University. Upon completion and licensure, she will be a Licensed Professional Counselor. She is also in the process of earning a Kansas Association for Infant and Early Childhood Mental Health endorsement.

Ali has experience in both the mental health and childcare fields. She began her work as a Client Support Provider and later as a Case Manager for youth services at Pawnee Mental Health Services. In these roles, she collaborated with therapists, family and school staff to support improvements in her client's functioning at school, in the community and at home. Ali has also operated an in-home childcare facility where she had the opportunity to assist in the development of positive mental health habits for many children from a young age. She is passionate about continuing her education in both areas as well as sharing that knowledge with others that work directly with children.

Course Evaluation and Completion:

Participants will be requested to complete a program evaluation and will also be able to provide their feedback during and after the course. Upon completion of the program and evaluation, participants will receive a certificate of completion.

Additional Notes:

- After completing this training, participants will also receive an invitation to participate in 4 parent/caregiver support groups directly following the training.
- More details will be provided upon registration.