

# COMMUNITY CONNECTIONS



Opportunities for Education, Engagement, and Action

May to August | 2023



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## Feature Virtual Presentation

### Encore with Evie and Sarah

Teach and Encourage Your Child to Play Independently by Mastering the Strengths and Struggles of Your Parenting Personality



Virtual Program • Wednesday, May 17, 6:30-7:30 p.m.

Do you find yourself hiding in the bathroom to sneak a parenting break? Is it difficult for your child to play without you for more than 10 minutes? Do you feel guilty or nervous when your child is playing on their own? Whether your parenting personality is a Crescent, Constellation, or Fireball you can learn strategies to encourage independent play and enjoy those long summer days.

Before attending the session, visit [EvieandSarah.com/Quiz](http://EvieandSarah.com/Quiz) to take the parenting personality quiz developed by Dr. Sarah Davis, Evie Granville, M.Ed., and pediatrician Dr. Molly O'Shea.

[Register Here](#)

#### Presenters

Dr. Sarah Davis and Evie Granville, M.Ed. are parenting educators, researchers and community builders, authors and 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, M.Ed., 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.



Photo credit: Cameron Whitman Photography

To learn more about Evie and Sarah, visit [EvieandSarah.com](http://EvieandSarah.com).

## Special Presentations

### Developmental Challenges – How Do You Know? What Can You Do?

Virtual Program • Thursday, June 8, 4:30-5:30 p.m.

Are you concerned about your child's or student's development? Learn to recognize signs of developmental delays and atypical development and how to help children reach their fullest potential.



#### Presenter

Dr. Janice Keener, Assistant Professor of Clinical Pediatrics and Director of Psychological and Assessment Services in Developmental Pediatrics at Children's Hospital of The King's Daughters. Janice Keener, Psy.D, earned her doctorate from Pepperdine University and did her postdoctoral training at Children's Hospital of

Orange County. She has extensive training in the assessment of autism spectrum disorder. Her research and clinical interests include pediatric health psychology, early childhood assessment, consultation and liaison, and autism spectrum disorder.

She is certified in the treatment of Tourette disorder and provides assessment and psychotherapy in Spanish and English.

[Register Here](#)

### Focus on HOPE for Our Children, Families and Communities

Virtual Program • Wednesday, July 26, 2-3:30 p.m.

The research is in. Key positive childhood experiences (PCEs) prevent and mitigate the effects of adverse childhood experiences (ACEs). Participants will learn about the four building blocks of HOPE and participate in reflection and discussion on how to incorporate the HOPE framework into their families, communities, and work with children and families.



#### Presenters

Michele Tryon, certified HOPE facilitator, and key members of the Hampton Roads Trauma Informed Community Network (HRTICN).



[Register Here](#)

Register at [CHKD.org/Classes](http://CHKD.org/Classes)



Get Connected

## Webinars for Parents and Professionals

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

### 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, May 10, 6:30-7:30 p.m.

Wednesday, June 7, 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, May 24, 6:30-7:30 p.m.

### Children, Separation and Divorce

Learn the impact of separation and divorce on children. Consider how to have difficult conversations with your children while honoring their feelings and building their coping capacity.

Wednesday, May 31, 6:30-7:30 p.m.

### 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 thinking, responsible children.

Wednesday, June 14, 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, August 2, 6:30-7:30 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, August 16, 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 30-60 minute webinars at your convenience, and get the information you need to parent with ease.

### ON DEMAND Tried and True Topics:

- **NEW!** The Five Love Languages of Children
- Adolescents: Why They Do What They Do
- Children and Stress (All Ages)
- Children, Separation and Divorce
- Mindful Moments: Parenting Reset: 4 part series
- Positive Discipline (Ages 5-12)
- Power of Play
- 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](https://www.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](https://www.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](https://www.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](mailto: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](mailto:Outreach@CHKD.org).*



## Get Connected with a CHKD Pediatrician Visit [CHKD.org/Classes](https://www.chkd.org/Classes) for dates, times, and to register.

### 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.

### 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.

For information on selecting a doctor, visit [CHKD.org/SelectingaDoctor](https://www.chkd.org/SelectingaDoctor).



## 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.

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

### 2023 Baby Shower Dates

Tuesday, May 23 and Wednesday, August 23 – Riverside Shore Memorial Hospital

Friday, June 23 – Sentara Norfolk General Hospital

Tuesday, July 18 – Sentara CarePlex Hospital



## Practical Parenting Tips [CHKD.org/ParentingResources](https://CHKD.org/ParentingResources)

### Children and Stress

When your child is stressed by everyday demands or unexpected changes you play a critical role in creating balance and modeling healthy stress management.

#### What is stress?

- The physical and psychological reaction to daily challenges, demands and pressures.
- A natural response when exposed to unexpected or traumatic events.

#### Stress can be “good” or “bad”

Stress to some degree can be healthy. It alerts us to danger, lets us know something is wrong, motivates us to get something done or meet a deadline and encourages us to work hard to overcome challenges. Children can be stressed by seemingly positive events like having a new sibling, starting school, or competing in a sporting event. Stress becomes unhealthy when demands and pressures overwhelm a child's or family's capacity to cope. Stress can become distress when a child does not have access to a parent or adult who can help them calm down; organize their feelings; and learn to strategize, problem-solve, or prioritize when facing challenges.

#### Key factors that help children navigate stress:

- Having a strong connection to a caring adult who offers encouragement and support.
- Being allowed to express a range of emotions without being ignored or dismissed.
- Working through strong emotions in a healthy manner with a sense of “I am okay.”
- Having parents who model healthy coping and create a strong, stable foundation at home; or having a “safe haven” where they can go for protection and comfort.
- Feeling physically and emotionally safe, so they can engage in positive problem solving and decision making.

#### What you can do:

- Validate your child's fears and feelings.
- Help them organize their thinking and prioritize daily demands.
- Help them view life's challenges and mistakes as opportunities to learn and grow.
- Listen without giving advice. Be supportive while they “figure it out,” and offer guidance not answers.
- Model saying “no” and setting boundaries that prevent unhealthy overload.
- Model eating right, exercising, and balancing work and play.
- Model a calm response to stressful situations by pausing and taking a few deep breaths before responding.
- Attend a FREE CHKD workshop on children and stress or mindful parenting.

Your child's pediatrician should be your primary source of advice about your child's health.



# Community Events and Conferences

## MileOne Autogroup and CHKD – Free Car Seat Distribution and Safety Event

Hall, part of MileOne Autogroup and CHKD have teamed up to make sure that your child is buckled up in a properly installed car seat. Hall is donating car seats to families in need, and Certified Passenger Safety Technicians from CHKD will work closely with you to educate you on all aspects of your new seat, including proper installation.

Join us at one of the locations below if you are in need of a car seat or would like to have your child’s car seat installed or checked for safety. Registration is required, so please make an appointment [HERE](#). During the appointment, you will learn how to correctly install your car seat and harness your child. This process takes about 30-45 minutes per seat. Please plan accordingly.

**Tuesday, May 9, 3-6 p.m.**  
Hall Nissan Chesapeake  
3417 Western Branch, Chesapeake

**Thursday, June 1, 3-6 p.m.**  
Hall Ford Newport News  
12896 Jefferson Ave., Newport News



**EVMS**  
Eastern Virginia Medical School

Presents

## Youth Suicide: Risk and Prevention Conference

Bringing Support, Care, and Hope to Our Children



**May 4 & 5, 2023**

**Hybrid Conference Event**

In-person Community Track – May 4  
Virtual Clinical Track – May 5

For more information and to register, visit [CHKD.org/CME](https://CHKD.org/CME).



### CONFERENCE OVERVIEW

Youth mental health continues to be in crisis with the suicide rate among children 10 and older continuing to climb since 2007. The stakes of untreated mental health symptoms for children and adolescents are exceptionally high and can have devastating and long-lasting consequences in a child’s life. Mental health care training, screening, evaluation, and treatment programs must be strengthened and made a priority for all systems of health care.

National and local mental health experts will gather to discuss the importance for all mental health providers and community agencies to promote firearm and medication safety, address mental health in youth sports, and understand the substance use crisis and treatment options. In addition, participants will learn about cannabis use for self-medication and steps to address the stigma of mental health in and out of the clinic.

In partnership with



No time for a program? Check out our online parent resources at your convenience. [CHKD.org/Parenting Resources](https://CHKD.org/Parenting Resources)

## Mental Wellness Education

### Hiding in Plain Sight *(Film and Discussion)*

Wednesday, May 17, 5:30-7:30 p.m.

Warhill High School, 4615 Opportunity Way, Williamsburg

Parents, students, coaches, and professionals are invited to join us for this insightful documentary that explores America's mental health crisis through the eyes of more than 20 young people, their providers, advocates, family, and friends. Hear them speak courageously about their challenges, difficulty finding treatment, and encounters with stigma, making their experiences more relatable for all of us. Immediately following, a panel of school staff and mental health experts will discuss the film and answer audience questions.

- Suitable for parents, professionals, and middle school students and older.
- Doors open at 5:30 p.m. with resource tables on site until 7:30 p.m.
- The film will start promptly at 6 p.m.

In partnership with the Peninsula Community Health Collaborative, WHRO, James City County Public Schools, and Family Academy

[Register Here](#)

### Caring Conversations – Talking to Teens about Mental Health

Virtual Program

Wednesday, August 9, 7-8 p.m.

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



The Sarah Michelle Peterson Foundation

[Register Here](#)

## FREE

### Every Brilliant Thing – A production by the Virginia Stage Company

Thursday, May 25, 2023, 6-8 p.m.

St. Matthew's Catholic School, Auditorium  
3316 Sandra Lane, Virginia Beach

Thanks to support from Sentara and the Virginia Stage Company, CHKD invites teens and adults to experience this immersive and non-traditional theatre performance that explores the very complicated topic of mental health. Surprisingly charming and delightful, Every Brilliant Thing provides a life-affirming jolt of humanism, reminding us that hope comes from the miracles of life's minutiae. The aim is to destigmatize the conversation around mental health and encourage the audience to see the many ways in which we all experience joy and hardship.

[Register Here](#)



No time for a program? Check out our online parent resources at your convenience. [CHKD.org/Parenting Resources](https://www.chkd.org/parenting-resources)

## Birth & Beyond Parenting - Featured Blog



### HOPE for Challenging Times

**Author:** Michele Tryon, CCLS

**Published Date:** Tuesday, February 14, 2023

A psychotherapist recently coined the term, "hope fatigue". In describing it, she explained many of her patients are feeling overwhelmed, anxious, and exhausted. They are not able to muster a sense of optimism in regard to local, national, and world news. In my role as a parent educator, I too hear from parents, providers, and educators that they often struggle to stay positive when considering current challenges that children and families are facing.

In supporting the well-being of all children, CHKD has made a commitment to health, healing, and hope. As part of my commitment to that vision, I have been able to provide HOPE 101 trainings for parents, professionals, and community members throughout Hampton Roads and the state of Virginia over the past year. One thing I know for sure is that when people come together with positive intentions and talk about HOPE, they feel better.

The HOPE National Resource Center provides substantial research behind the idea that promoting HOPE has short- and long-term positive effects on well-being. In this case, HOPE is an acronym standing for Healthy Outcomes from Positive Experience. The four building blocks of HOPE are positive relationships, safe and equitable environments, opportunities for community and civic engagement, and emotional growth for children, youth, and families.

I tell people who complete the HOPE 101 trainings that they have now become spreaders of HOPE. It is not about adding another task to your to do list. It is about recognizing how your intentions – while doing the things you do – can foster hope and prevent fatigue.

**What do you say? Would you like to join in and become a spreader of HOPE? Here are a few ideas that have bubbled up over the past year during my hopeful conversations with participants:**

- Foster positive relationships with children and youth by listening more and talking less!
- Create a safer environment in your neighborhood by getting to know your neighbors and looking out for one another.
- See youth as assets in the community and ask them to provide insight and feedback regarding policies at school or places where they gather.
- When times are challenging, recognize that even a single adult offering support and guidance can help a child or young person navigate difficulties and build coping skills and character.

With intention, together we can change the narrative from one of "hope fatigue" to one of healthy outcomes. Learn more at [PositiveExperience.org](https://PositiveExperience.org) or email [Outreach@CHKD.org](mailto:Outreach@CHKD.org) for HOPE 101 training information.

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