

COMMUNITY CONNECTIONS



Opportunities for Education, Engagement, and Action

May to August | 2021



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Featured Presentation



Talking to Young Children about Race, Inclusion and Equity

Wednesday, June 3, 6:30-7:30 p.m.

Location: Online

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

Join our feature speaker, Jeané Liburd, MA, CCLS, for an open discussion on parenting around race. Learn how we as a community of caregivers can be intentional about the topic of raising a black child in today's society. How can we prepare ourselves and our children for racial tensions, and how can we assist our fellow community members in creating an inclusive environment where all children are seen, heard, and valued for their unique contributions?

Some content discussed in the presentation may not be suitable for younger audiences.



Jeané Liburd, MA, CCLS

Jeané Liburd has worked in the field of child life for over 15 years.

She earned her master's degree in marriage and family therapy and is trained in play therapy. She currently serves as an adjunct instructor for Liberty University teaching child development and multi-culturalism. Throughout her career, she has provided services for children and families in hospitals, pediatric hospice, and community programs. The focus of her work is supporting children and families who have experienced illness, grief, and loss.



Get Connected Webinars for Parents and Professionals

Register at 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 thinking, responsible children.

Wednesday, May 5, 6:30-7:30 p.m.

Monday, June 28, 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, May 12, 6:30-7:30 p.m.

Wednesday, August 11, 6:30-7:30 p.m.

Children and Trauma

Traumatic and life-altering events affect many aspects of a child's development. Learn about symptoms of trauma in children, and how to respond appropriately to help a child successfully overcome challenges and develop resilience.

Friday, May 21, Noon-1:15 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 26, 6:30-7:30 p.m.

Wednesday, August 25, 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.

Friday, June 18, Noon-1:15 p.m.

Parenting on the Same Page

Learn where your parenting philosophy and mindset come from and how couples can present a unified front. Learn strategies to create cooperation and support a well-balanced family life.

Wednesday, June 9, 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, June 23, 6:30-7:30 p.m.





Get Connected with a CHKD Pediatrician

Visit [CHKD.org/Classes](https://www.chkd.org/Classes) for dates, times, and to register.*

Chesapeake Pediatrics

500 Discovery Drive, Chesapeake

Meet and Greet

New and expectant parents, or families new to the area, can ask questions and tour the office. For more information, call (757) 668-2500.

Coastal Pediatrics

1735 City Center Blvd., Elizabeth City, NC

Prenatal Breastfeeding Class

Introductory class designed to inform the prospective breastfeeding mother about getting a good start. For more information, call (252) 337-8300.

General Booth Pediatrics

2021 Concert Drive, Virginia Beach

2088 Princess Anne Road, Virginia Beach

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) 668-6700.

Newport News Pediatrics

11760 Rock Landing Drive, Newport News

Meet and Greet

Meet the pediatricians and learn about the practice and our services. A lactation consultant will be available for a brief Q&A forum. For more information, call (757) 668-6300.

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.

**Please note: In-person events may not be available for some programs. Contact the provider directly for information on joining their practice. For information on selecting a doctor, visit [CHKD.org/Pediatricians](https://www.chkd.org/Pediatricians).*

Pediatric Specialists

Offices in Chesapeake and Norfolk

Welcome, Baby!

885 Kempsville Road, Suite 200, Norfolk

Our pediatricians will discuss newborn care, immunizations, breastfeeding, bathing, sleep safety, and more. You can ask questions and tour the office. For more information, call (757) 461-6342.

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





Dads in Action: A Virtual Fatherhood Program

CHKD.org/DadsInAction



Fatherhood 101 is a program for new or expectant dads. This class, taught by our fatherhood consultant and a CHKD pediatrician, will prepare you for the arrival and care of your baby. Learn how to keep your baby safe and healthy and how to use strategies to navigate the changing relationships that come with fatherhood.

Saturday, June 5, 10-11:30 a.m.

Dad Talk provides a place for dads in every stage of parenting to come together and discuss meaningful topics. Facilitated by Z. Andrew Jatau, CHKD fatherhood consultant. Occurs monthly, every third Thursday from 6-7 p.m.

May 20 - Fatherhood and Financial Anxiety: Pressures to Provide

June 17 - Gender and Communication (Open to Moms and Dads)

July 15 - Fathers and Feelings

August 26 - Raising Daughters



Dads in Action

Moms can get connected, too.

Mindful Mom Group takes place monthly online and provides an opportunity to learn and practice mindfulness skills that reduce stress and strengthen mother/child relationships. Facilitated by Michele Tryon, CCLS, CHKD parent educator.

Tuesdays: May 18, June 15, July 20, August 17 from 12:30-1:30 p.m.

Register online: CHKD.org/Classes



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

CHKD.org/ParentingResources



Community Events

To register, visit CHKD.org/Classes.

Kids in Crisis: You're Not Alone - A Virtual Film Screening and Discussion - Thursday, May 6, 6:30-7:30 p.m.

This 30-minute documentary produced by PBS follows four young people from Wisconsin who are navigating mental health challenges. After enduring assault, bullying, incarceration, and discrimination, they are now sharing their stories of challenges and triumphs to let others know they are not alone and that healing is possible. A panel of community experts will discuss the documentary and take questions from viewers immediately following the film.

Register Online: CHKD.org/KidsInCrisis

Youth Suicide: Risk and Prevention Conference - Friday, May 7, 8:30 a.m.- 4:30 p.m.

A mental health crisis among children and teens emerged nationwide before the pandemic took hold of everyone's lives. Today, mental health concerns have skyrocketed as so many kids struggle with virtual school, social isolation, and the stress of constant change.

In this virtual event, national and local mental health experts will discuss: Suicide prevention and self-harm behavior among youth of color, professional and family safety plans for lethal means, suicide evaluation tools, treatment overviews, the power of a lived experience, prevention through teaching emotional regulation early, building resiliency, and creating a road map to help.

Target Audience: This conference is designed for pediatricians, family practitioners, neurologists, nurses, psychologists, social workers, LPCs, psychiatrists, mental health and specialty medical care providers, community support personnel, school personnel, interested allied health professionals, parents, caregivers and professionals who work with youth.

Register Online: EVMS.edu/CMERegistration or CHKD.org/CME

Registration Fees: Professionals seeking CME or CEUs - **\$30**
Other professionals or parents/caregivers - **\$10**

Please Note: A limited number of scholarships are available. If you find yourself in need of support to attend, please contact: Sam Fabian at Sandra.Fabian@CHKD.org

CHKD and Chesapeake Bay Academy Present:

ADHD - Changing the Lens of Support for Our Children

Wednesday, June 2, 2021, 6:30 - 7:30 p.m.

This summer, CHKD and Chesapeake Bay Academy will present a virtual ADHD education event featuring clinical psychologist, Dr. Ross Greene. Dr. Greene is a New York Times best-selling author and has been working with children and families for 30 years. His influential books, *The Explosive Child*, *Lost at School*, *Lost & Found*, and *Raising Human Beings* are widely known throughout the world. Learn how to help our most vulnerable kids address their social and emotional needs in the classroom, at home, and in the virtual world. This will be a free community event open to educators, clinicians, and parents/caregivers.

Register Online: CHKD.org/Classes

Save the Date

Youth Sports - Coaching a Positive Mental Wellness Culture in Youth Sports

*Sunday, June 6, 2021 6:30-7:45 p.m. (*May be subject to change)

Identity in Youth Sports

Learn the pros and cons of sports specialization and its impact on identity, what athletes and parents face regarding college sports recruitment, and how to support an athlete through it all.

Special Presentation: The BASICS

Thursday, August 5, 12-1:30 p.m.

Did you know 80% of brain growth happens in the first three years of life? Join our three expert presenters to learn and practice five powerful ways to support your baby's brain growth and give them a great start. The BASICS include: Maximize Love, Manage Stress; Talk, Sing and Point; Count, Group and Compare; Explore through Movement and Play; Read and Discuss Stories.

To register and learn more, visit: [CHKD.org/Classes](https://www.chkd.org/Classes)

CHKD Presenters:

Kathleen Burns, SLP, joined CHKD in 1992 as a speech and language pathologist in our Home Health department. She currently works in one of CHKD's outpatient therapy departments where she enhances communication and supports language development in children of all ages.

Lynsey Estienne, MOTR/L, an occupational therapist, joined CHKD in January of 2020 and provides children of all ages and developmental levels with the services they need to promote skill development and functional independence.

Michele Tryon, CCLS, joined CHKD in 2006 and provides parent education and professional trainings on a variety of topics designed to enhance the well-being of children and families.



What is Mindful Parenting?

Michele Tryon, CCLS - CHKD Parent Educator



Most of us are familiar with multitasking. As parents and grandparents, we have many roles and responsibilities. Just ask any parent how much energy it takes to simultaneously comfort a crying child, tune in to a teen's conversation from the next room, make a grocery list, and pack masks and snacks for a soccer game that is starting across town in 25 minutes. We are often on the fast track without taking time to replenish, regroup, or even evaluate what we do and why we do it.

The opposite of multitasking is mindfulness. Mindfulness is an emerging concept based on ancient wisdom and reinforced by contemporary research. Mindful parenting is taking a break from the fast track and allowing yourself to be aware, reflect, and respond to yourself and your children with compassion and without judgment.

There are three phases to mindful parenting:

- Mindful awareness is being conscious of your states of well-being. It is like a short inventory. How am I doing physically? What thoughts are running through my head? What feelings or emotions am I experiencing? What sensations can I notice in my body? Am I hungry, tired, or tense?
- Self-intervention is the process of bringing yourself to balance or finding your composure. Pause and take a deep breath. Take a moment to nourish your body with food, water, or a stretch. Shift thinking to an "I can handle this" mindset, and consider the origin of any uncomfortable feelings you are having. Coming from a state of balance sets the stage for purposeful action, rather than mindless reaction to our children's behavior and needs.
- Deliberate action is responding with intention or devising a plan. How can I help my child? How can we work together to find a solution to a problem or see a mistake as an opportunity to learn? Even short periods of paying attention to your physical, mental, and emotional states – and making sure you meet your own needs and those of your child – can lead to less stress and more satisfaction in the parent-child relationship.

Join the Mindful Mom group to enhance your practice. For more information, visit: [CHKD.org/Classes](https://www.chkd.org/Classes)



Setting Parenting Intentions Around Race

Author: Jeané Liburd, MA, CCLS

A couple of months ago, I attended a webinar about meta-parenting. It was a concept that was new to me and can be defined as parents thinking about their parenting before or after an interaction with their child. The more I listened to the presenter, the more I could identify how I implemented this in my life. Whether it was planning how I would navigate getting all three children (infant, toddler, and preschooler) in and out of the car in a timely fashion or thinking about how I would handle a meltdown, I saw the connection. These are forms of meta-parenting that I'm sure most of us have experienced at one point or another. What I had not prepared for was meta-parenting around race.

As a Black parent, I had not fully considered what it meant to parent a Black child. I certainly did not consider that my children would have early encounters of racial awareness, rejection, and other issues that may occur. This was highly naïve of me, as I looked at my children's childhood through my own experiences and community buffer zones. One of the first aspects of meta-parenting is anticipation. This was my blind side, and while not all discussions around race were maliciously intent from others, there were times that I felt caught off guard, tension, or a lack of preparation that left me feeling ill equipped to parent well on this topic. Therefore, as I

moved into 2021, I committed to greater intentionality in preparing my family for these encounters. I began to ask: How will we address my children's friends who have a greater awareness that our skin is brown and are processing this awareness in front of them? How do we handle rejection due to the color of our skin on an internal (family system) and external level (system/community)? How will I develop a strong sense of self and belonging in my children and provide protective boundaries? As my children develop, who can offer me parenting wisdom because they have a similar background and experiences but are further along in parenting?

There is a communal piece that we all share, which is our connection to identifying ourselves and the people around us, and how we connect as a society. It is this fact that we can all choose to be intentional around the topic of race, so that we are not thrown off in the moment. When we have rehearsed several different scenarios in which we may experience racial tension with our children, we are more equipped to support them emotionally and socially.

Join Ms. Liburd for her feature presentation – Talking to Young Children About Race, Inclusion and Equity on Thursday, June 3, 6:30-7:30 p.m.

To read the full content of this blog, or other CHKD blogs, visit: [CHKD.org/Blog/Birth--Beyond-Parenting/](https://www.chkd.org/Blog/Birth--Beyond-Parenting/)