

Young Children and Stress: Family Workshop Series

Corinne G. Catalano, Ph.D.

Early Childhood Mental Health Specialist

Montclair State University



If you are struggling with how to meet your child's emotional needs and how to handle challenging behaviors please take advantage of this FREE parent workshop series.

Available to all Montclair Public School families. This resource is funded by the Montclair Fund for Educational Excellence.

Kick-off meetings will be held at 7pm at Bullock School on April 17th and at 7pm at Edgemont School on April 18th.

Six on-line webinar sessions will be available to view at home.

The link for each session will be shared via e-mail and flyers.

Families will have access to these short (20-30 minutes) webinars between April 17 and June 30, 2019.

- What is stress? A little neuroscience and a lot of self-reflection
- Busy environments, scratchy socks, sugar or lack of sleep: what stresses you & what stresses your child?
- Stress begets stress and calm begets calm: what is your role in your child's stress & your child's calm?
- Attention and motivation: what might be getting in the way?
- Navigating the rough waters of social interactions: how can you help?
- Pulling it all together.



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