

# Infant and Early Childhood Mental Health Webinar Series 2021-2022



Join us for a series of webinars that highlight key aspects of infant and early childhood mental health in early learning and care settings, both center and home-based. These informative **1-HOUR VIRTUAL** sessions are offered at no cost. Links for webinar registration via the ECE Workforce Registry are included below.

## **Serving Children and Families Experiencing Homelessness**

**Wednesday, March 9, 2022; 4:00-5:00 p.m.**

**Vanessa Bailey, MA, IFEC-ATMHP**

**[REGISTER HERE](#)**

In this webinar, participants will deepen their understanding of what homelessness means and how it may look for young children and their families. Various factors influencing children who are experiencing homelessness will be discussed, as well as strategies that can be utilized to lessen the negative impacts in all areas of development. Participants will gain confidence in adequately supporting children and families experiencing homelessness.

Topics include:

- Incorporating practices that reduce the impacts of homelessness on children and families.
- Understanding the unique challenges that face children and families experiencing homelessness.
- Implementing classroom strategies that support children experiencing homelessness.

## **Professional Resilience in Challenging Times**

**Wednesday, May 25, 2022; 4:00-5:00 p.m.**

**Debbie Reno-Smith, LMFT, NCC, MAC**

**[REGISTER HERE](#)**

Early childhood caregivers working with very young children and their families often find themselves out of balance, with their own personal health and well-being impacted. This webinar will introduce a realistic and practical approach for developing an integrated balance between work and personal life. Key areas of focus will include an overview of personal wellness strategies and increased understanding of how intentional practices can promote well-being and resilience, along with gaining an understanding of the benefits to very young children and families served. Participants will have opportunity to engage in some brief practices to demonstrate a variety of experiences.

Topics include:

- Introducing the concept of professional resilience and protective factors, amid adversity.
- Supporting early childhood providers in practicing self-care and identify areas of focus related to overall personal health and wellness.
- Increasing participant awareness regarding how their own health and well-being can positively or negatively impact engagement in the workplace.
- Identifying practical ways to integrate reflective strategies and self-compassion into the work with young children to foster and enhance personal well-being of the provider, the child, and the families served.

**For more information, contact us at: 877-524-2422 or [cibc@wested.org](mailto:cibc@wested.org)**

