

The Consortium for Resilient Young Children (CRYC) has been a leader in the region for the last 15 years in promoting the resilience and wellness of young children and their families. As we face the impacts of the COVID-19 pandemic, it is our intention to lift up the resilience of our communities, families and young children by coming together to share responsive practices and resources we will all need to...

BOUNCE FORWARD!

MORE BOUNCING FORWARD

RESILIENT CHILDREN AND FAMILIES COMMUNITY CONSULTATION

Pause for Parenting

Parents engage with each other and are introduced to practical ideas for supporting young children's healthy development during 30-minute ZOOM chats. Conversations will focus on relationship building, attending to children's feelings, responding to behaviors and more.

Session Details:

- **June 18, 12pm: What's my Child Trying to Tell Me? The Language of Behavior**
 - Children communicate differently than adults as they continue to develop language skills and emotional vocabulary. Many times children will use behaviors to communicate their feelings of stress when they may not have the words to express what they are experiencing. How can we better understand these behaviors in order to meet their needs? Join us as we examine common behaviors your child may be communicating during times of stress.
- **June 25, 12pm: Benefit Finding: Ways to cope with disappointments**
 - Sometimes we have plans for a beautiful flower garden, only to be left with a bed a weeds. Children experience disappointment just like adults do. How can you help your child deal with disappointment during the pandemic and lay the groundwork for a lifetime of resilience? Develop helpful "gardening tools" as we dig for the good and prune our children's minds to help their emotional well-being flourish.
- **July 2, 12pm: When Kindergarten Opens: Will my Child be ready?**
 - Entering Kindergarten is an exciting time for children and their families, and sometimes anxiety may accompany this milestone. What do I need to know to register my child for Kindergarten? What skills does my child need to have mastered before entering Kindergarten? Is my child ready? Will the teachers be able to address my child's behavioral needs? Join us as we discuss all the basics of what to expect for your child's adventures in Kindergarten

Registration Process:

- Email or call Madeline Lindner at mlindner@costars.org or 272.2800 ext. 5000 with your name, the age of your child, and which session(s) you will be attending
 - You must register at least 24 hours prior to the session you wish to attend.
- You will receive a confirmation email with the registration link to your requested session. If the session you have requested is at capacity (20 participants), you will be informed and invited to join the next available session (Registration links are for a single person only, not a group of people).

Participation:

- Click on the Zoom link on the date and time of your confirmed session.
- You will be accepted into the session by the host.

