Healthy Child Care Hawaii invites you to join nationally trained child care health consultant, Dr. Mae Kyono and Early Childhood Specialist, Sharon Taba for

**HOT TOPICS, 2015:**

**Hang in there, Buddy!**

**Building resilience in children**

Learning how to cope with stress is an important part of healthy child development. An environment of supportive experiences creates a strong foundation for positive life outcomes and helps children develop skills that will make them stronger, happier, and more resilient.

Please join us to learn:
- To discuss how stress can affect lifelong impairments in physical and mental health.
- To explain 7 Crucial Cs of resilience—competence, confidence, connection, character, contribution, coping, and control.
- To apply strategies to support children building resilience.

**Target Audience:** Early education and care providers and their health consultants.

Following are the dates for this Hot Topics seminar. The curriculum for each seminar is the same, so select the date, time and location that is most convenient for you. Click on the links below to complete your registration—you may need to cut and paste the link into your browser.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Parking Instructions</th>
<th>Lunch Provided</th>
<th>Lunch &amp; beverage provided</th>
<th>Email</th>
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<tbody>
<tr>
<td>February 10, 2015</td>
<td>Thursday</td>
<td>6:00pm to 7:30pm Shriners Hospital for Children Education Center, Makai Room (totally smoke free facility) 1310 Punahou St, Honolulu 96826</td>
<td>Light Dinner provided (bring own beverage pls.) Register at: <a href="http://goo.gl/forms/5nQkUp1qFf">http://goo.gl/forms/5nQkUp1qFf</a> by 2/5/2015  Parking instructions provided with confirmation</td>
<td>Lunch provided (please bring own beverage)  Register at: <a href="http://goo.gl/forms/l0h6PwAvlA">http://goo.gl/forms/l0h6PwAvlA</a> by 3/2/15</td>
<td>Lunch &amp; beverage provided  Register at: <a href="http://goo.gl/forms/qQowcG5vSi">http://goo.gl/forms/qQowcG5vSi</a> by 4/8/15  This session jointly sponsored by Kia‘I ka‘ike, DOE and Healthy Child Care Hawaii</td>
<td>Email <a href="mailto:ksthay@aap.net">ksthay@aap.net</a> no later than May 1, 2015 to register.</td>
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<tr>
<td>March 5, 2015</td>
<td>Thursday</td>
<td>Noon to 1:30pm Central Oahu PHN Section 860 Fourth Street (Room Pearl City 96782)</td>
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<td><a href="mailto:ksthay@aap.net">ksthay@aap.net</a></td>
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<tr>
<td>April 13, 2015</td>
<td>Monday</td>
<td>Noon to 1:30pm Windward District Office, Conference Room 1 King Middle School 46-169 Kamehameha Hwy, Kaneohe 96744</td>
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<td>May 12, 2015</td>
<td>Tuesday</td>
<td>Noon to 1:30pm Join DHS Licensing Staff at various neighbor island locations to participate via VCC. <strong>This option is for Neighbor Island participants only.</strong></td>
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<td><a href="mailto:ksthay@aap.net">ksthay@aap.net</a></td>
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**Reserve your space today—no cost to attend**

Follow instructions for each seminar to register

Please let us know if you have dietary restrictions or need special accommodations, including translation.
Questions? Contact Kathryn Sthay ksthay@aap.net  808-377-5738 OR Sharon Taba sharon@medicalhomeworks.net  808-384-2902

This training is sponsored by Healthy Child Care Hawaii in collaboration with the UH Department of Pediatrics, American Academy of Pediatrics—Hawaii Chapter and the Hawaii State Department of Health. Funded by Department of Human Services. Visit our webpage: [http://health.hawaii.gov/cshcn/hcch/](http://health.hawaii.gov/cshcn/hcch/)