

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.

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| February 10, 2015 Tuesday 6:00pm to 7:30pm | Shriners Hospital for Children Education Center, Makai Room (totally smoke free facility) 1310 Punahou St, Honolulu 96826 | Light Dinner Provided (bring own beverage pls.) Register at: http://goo.gl/forms/5nQkUp1gFf by 2/5/2015 Parking instructions provided with confirmation |
| March 5, 2015 Thursday Noon to 1:30pm | Central Oahu PHN Section 860 Fourth Street (Room Pearl City 96782 | Lunch provided (please bring own beverage) Register at: http://goo.gl/forms/I0h6PwAvla by 3/2/15 |
| April 13, 2015 Monday Noon to 1:30pm | Windward District Office, Conference Room 1 King Middle School 46-169 Kamehameha Hwy, Kaneohe 96744 | Lunch & beverage provided Register at: http://goo.gl/forms/qQowcG5vSi by 4/8/15 <i>This session jointly sponsored by Kia'I ka'ike, DOE and Healthy Child Care Hawaii</i> |
| May 12, 2015 Tuesday Noon to 1:30pm | Join DHS Licensing Staff at various neighbor island locations to participate via VCC. <i>This option is for Neighbor Island participants only.</i> | Email ksthay@aap.net no later than May 1, 2015 to register. |

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/>

