

COMMUNITY CONNECTIONS



Opportunities for Education, Engagement, and Action

January to April | 2020



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Featured Presentation

Building Mental Wellness, Boosting Sports Performance



As parents, coaches, and administrators, we want the best for our young athletes, but we don't always see the signs of distress, pressure, or anxiety in our kids who play sports.

Join CHKD and the Virginia Sports Hall of Fame to learn the signs and symptoms of anxiety in youth and understand its impact on their ability to be successful in sports and in life. Learn why 70 percent of kids drop out of sports by age 13, what it means to be a well-rounded athlete, and whether an athlete should specialize in a single sport. Eugene D. Holloman, author and former college football player, will share his advice on how parents, coaches, and administrators can create a positive athletic experience. Others represented on the panel include a student athlete, mental health expert, and Dr. Joel Brenner, medical director of CHKD's sports medicine program.

Wednesday, March 11, 6:30-8:30 p.m.

Chartway Arena Big Blue Room
4320 Hampton Blvd., Norfolk

[Reserve your seat online.](#)



Get Connected Webinars for Parents and Professionals

Register at CHKD.org/Classes for login information.

Positive Discipline (Ages 5-12)

Get to the core of misbehavior and help your child succeed. Positive discipline offers techniques that work to establish strong relationships and thinking, responsible children.

Tuesday, February 4, Noon-1 p.m.

Helping Young Children Manage Emotion (Ages 2-6)

Learn how an adult's response to a child's emotional upset can either foster or inhibit a child's ability to develop secure attachments, manage challenges, and develop the brain architecture for positive coping.

Wednesday, February 12, 6:30-7:30 p.m.

Understanding Anger in Children (Ages 6-12)

Understand the causes of anger, how to anticipate and defuse angry outbursts, and how to help your child manage their own emotions.

Thursday, February 20, 6:30-7:30 p.m.

Children and Stress

Understand what stress is and how it impacts children. Consider strategies for helping your child cope with common stressful situations and experiences. Learn effective ways to lessen tension, increase cooperation, and support development.

Tuesday, February 25, Noon-1 p.m.

Children and Divorce

Learn the impact of divorce on children. Consider how to have difficult conversations with your children and build their coping capacity.

Wednesday, March 4, 6:30-7:30 p.m.

Parenting on the Same Page

Learn where your parenting philosophy and mindset come from and how couples can present a unified front. Learn strategies to create cooperation and support a well-balanced family life.

Tuesday, March 10, Noon-1 p.m.

Ages and Stages Web Series

Is it just a phase? Should I be concerned? Learn about the different ages and stages of development from infant to teens and what you can do to support healthy growth.

Mondays, Noon-1 p.m.

- March 16 – Infant (0 to 18 months)
- March 23 – Toddler and Preschool (18 months to 4 years)
- March 30 – School-age (5 to 12 years)
- April 6 – Teen (13 to 18)

Purposeful Parenting

Create a foundation of clear expectations and consistent responses that allow your child to develop self-discipline and self-confidence. Respond rather than react to challenging behaviors by understanding what your child needs.

Wednesday, April 22, 6:30-7:30 p.m.

Grieving and Growing: Helping Children of All Ages Cope With Change

Understand and respond to children of all ages experiencing loss from divorce, death, deployment, adoption, foster care, or other life-changing circumstances.

Thursday, April 30, 6:30-7:30 p.m.

Practical Parenting Chats

Don't miss Practical Parenting Chats with our CHKD parent educator or Dad Talks with our fatherhood consultant. Like our Facebook page to learn more: [Facebook.com/CHKDHS/](https://www.facebook.com/CHKDHS/).





Safe Sleep Tips



Here are some important safety instructions to help promote safe sleep and reduce the risk of sudden infant death syndrome (SIDS).

- Always place your baby on his back.
- Use a firm sleep surface.
- Keep soft objects and loose bedding out of the crib.
- Don't share a bed with your infant.
- Allow a pacifier (without a string attached) at nap or bedtime.
- Avoid overdressing/overheating your baby.
- Do not use products marketed to reduce the risk of SIDS.
- Breastfeed your baby because it reduces the risk of SIDS.
- Do not smoke. Smoking and secondhand smoke increase the risk of SIDS.



Get online parent resources at [CHKD.org/ParentingResources](https://www.chkd.org/ParentingResources)

- Printable handouts.
- Practical parenting tip videos.
- Health library.
- Calendar of events.
- Birth and Beyond parenting blogs.

Or, visit the Parent Resource Center at CHKD Health Center at Landstown.

For information and drop-in hours, call (757) 668-9304.



Dads in Action

Connect with other dads and kids.

Fatherhood 101 is a program for new or expectant dads. This class, taught by our fatherhood consultant and a CHKD pediatrician, will prepare you for the arrival and care of your baby. Learn how to keep your baby safe and healthy and how to use strategies to navigate the changing relationships that come with fatherhood.



Dad's Day Out is a social activity held in the community where fathers and their kids get together for fun outings like going to the movies, hiking, bowling, or playing at the park. Spend time enjoying your children and meet other dads.



Ask our CHKD fatherhood consultant questions during a 30-minute virtual Dad Talk discussion that starts at noon on Thursday, March 26.

Visit [CHKD.org/DadsInAction](https://www.chkd.org/DadsInAction) for dates, times, locations, and registration information.



Get Connected with a CHKD Pediatrician

Visit [CHKD.org/Classes](https://www.chkd.org/classes) for dates, times, and to register.

Chesapeake Pediatrics

500 Discovery Drive, Chesapeake

Meet and Greet

New and expectant parents or families new to the area can ask questions and tour the office. For more information, call (757) 668-2500.

Coastal Pediatrics

1735 City Center Blvd., Elizabeth City, NC

Prenatal Breastfeeding Class

Introductory class designed to inform the prospective breastfeeding mother about getting a good start. For more information, call (252) 337-8300.

General Booth Pediatrics

2021 Concert Drive, Virginia Beach
2088 Princess Anne Road, Virginia Beach

Welcome, Baby!

New and expectant parents – or families looking for a pediatric practice – will have plenty of opportunities to ask questions and tour the office with one of our healthcare providers. For more information, call (757) 668-6700.

Newport News Pediatrics

11760 Rock Landing Drive, Newport News

Meet and Greet

Meet the pediatricians and learn about the practice and our services. A lactation consultant will be available for a brief Q&A forum. For more information, call (757) 668-6300.

Pediatric Associates of Williamsburg

119 Bulifants Blvd., Williamsburg

Monthly Open House

Several dates are available for new or expectant parents or families looking for a pediatrician to meet the staff and tour the office. For more information, call (757) 564-7337.

Pediatric Specialists

Offices in Chesapeake and Norfolk

Welcome, Baby!

885 Kempsville Road, Suite 200, Norfolk

Our pediatricians will discuss newborn care, immunizations, breastfeeding, bathing, sleep safety, and more. You can ask questions and tour the office. For more information, call (757) 461-6342.

Premier Pediatrics

1181 First Colonial Road, Virginia Beach

Welcome, Baby!

For new and expectant parents or families looking for a pediatric practice. There will be plenty of opportunity to ask questions and tour the office with one of our healthcare providers. For more information, call (757) 668-4600.

Suffolk Pediatrics

1009 Hillpoint Blvd., Suffolk

Meet and Greet and Baby Care 101

Expectant and new parents will meet our panel of pediatricians, tour the office, and learn about caring for their newborn. For more information, call (757) 668-2250.

Tidewater Children's Associates

Classes held at 601-A Innovation Drive, Chesapeake

Welcome, Baby!

Our pediatricians will discuss newborn care, immunizations, breastfeeding, bathing, sleep safety, and more. You can ask questions and tour the office. For more information, call (757) 668-2650.





Baby Classes

Register online CHKD.org/Classes.



Happiest Baby on the Block

This **free**, two-hour class for expectant and new parents will help mom and dad navigate the first months of their baby's life. Parents will learn about the calming reflex, the cuddle cure, and the "5 S's."

Friday, January 10, 6-8 p.m.

CHKD Health Center at Landstown
1924 Landstown Centre Way, Virginia Beach

Saturday, March 7, 10 a.m.-Noon

CHKD Health Center at Oakbrooke
500 Discovery Drive, Chesapeake

Friday, April 3, 6-8 p.m.

CHKD Health Center at Landstown
1924 Landstown Centre Way, Virginia Beach

CooPeR Saves Lives CPR Education

Through the generous donation of CooPeR Saves Lives organization, CHKD is offering a **non-certified** CPR training for adult, child, and infant CPR, to include skills for relief of choking and AED use. **Space is limited.** This course does not provide CPR certification.

Tuesday, February 25, 6:30-8 p.m.

CPR Cert 4 U
3500 Virginia Beach Blvd., Virginia Beach

Saturday, April 4, 10-11:30 a.m.

CPR Cert 4 U
3500 Virginia Beach Blvd., Virginia Beach



Conferences

5th Annual ADHD Symposium

Saturday, March 21, 8 a.m.-12:30 p.m.

Chesapeake Bay Academy
821 Baker Road, Virginia Beach

CHKD and Chesapeake Bay Academy invite you to learn more about attention deficit hyperactivity disorder. This conference is for parents, clinicians, and educators, as well as adults with ADHD. Keynote speaker Ross Greene, PhD, will present Collaborative & Proactive Solutions: Fostering the Better Side of Human Nature in Classrooms and Families.

Breakout session topics include:

- Psychological testing.
- Nutrition.
- Co-morbidity.
- The importance of self care.
- Parenting as an adult with ADHD.
- Encouraging executive functioning.
- Social, emotional, and behavioral teaching practices.

Registration fee is \$40.

Register online: CHKD.org/Conferences





Community Events

To register, visit CHKD.org/Classes.

Don't miss these insightful films concerning youth, anxiety, and social media.

LIKE

A documentary about the impact of social media on our lives. Parents, professionals, and youth ages 10 and older are invited to join us for a free screening of "LIKE", an IndieFlix original documentary.

Technology is a tool. It's here to stay and social platforms are a place to connect, share, and care, but what's really happening? Are we addicted? How do we stop? Where do we start? What do we need to know? By understanding the effects of technology and social media on the brain, on our lives, and on our civilization, we can learn how to navigate it more safely together.



The following showings of "LIKE" are free and open to the public. Registration is recommended as seating is limited. A brief Q&A discussion with a CHKD panel will immediately follow each screening.

Tuesday, January 21, 6:30-8:30 p.m.

The Kaufman Theater at the Chrysler Museum of Art

1 Memorial Place, Norfolk

Presented by CHKD and The Williams School. Made possible by the Goode Family Foundation.

Thursday, February 20, 6:30-8 p.m.

Old Donation School

4633 Honeygrove Road

Presented by CHKD and Virginia Beach City Public Schools.

Angst

A documentary created to raise awareness around one of the most common mental health issues we face today. Parents, professionals, and youth ages 10 and older are invited to a free screening of "Angst," a film about anxiety. In this documentary, children and teens share their experiences with anxiety, its impact on their lives, and how they've found solutions and hope.

Mental health experts discuss the causes of anxiety and its sociological effects, along with the help, resources, and tools available to address the condition.

The following screenings are free events and open to the public. A brief Q&A discussion with CHKD mental health experts will immediately follow each screening.

Wednesday, February 5, 6:30-8 p.m.

Hickory Middle School

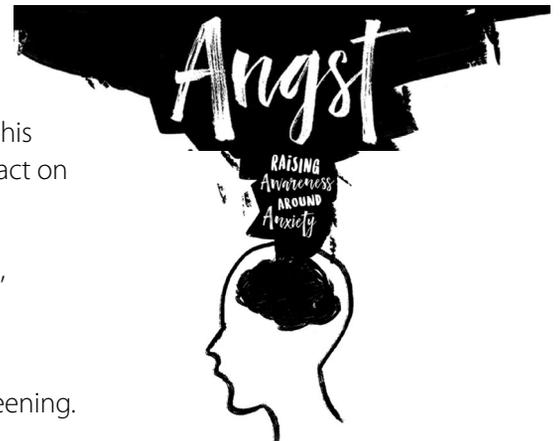
1997 Hawk Blvd., Chesapeake

No registration required.

Thursday, February 6, 7-8:30 p.m.

Virginia Beach Friends School Auditorium

1537 Laskin Road, Virginia Beach



Birth & Beyond Parenting - Featured Blog



What Are They Thinking?

Author: Michele Tryon, CCLS

Do you ever wonder why kids do the things they do? While teaching parenting classes, I often hear, "I have to yell, or they just don't listen."

Interestingly enough, learning some basics about brain science can help us understand why children do what they do, and why it is important to keep our composure when we are looking for cooperation, rather than conflict.

It takes years for the brain to develop.

The brain develops from the back to the front and from the bottom to the top. The very last part of the brain to fully develop is the thinking part of the brain. A brain is not fully developed until the age of 25 or so.

As parents, it is important to provide consistent routines and expectations, and to offer many positive options. The brain is looking for patterns and building the architecture for later learning. When we reinforce positive behaviors, children develop positive brain habits and we get more cooperation.

How a child feels affects their reasoning capabilities.

When a child is feeling stressed, pressured, overtired, or overstimulated, we might see frustration, whining, or aggression. The thinking part of the brain has gone offline.

We can help them manage any challenge by helping them feel calm and connected. Connection means the child knows they are cared for and we are there to help.

Composure is key.

When our children are uncooperative or out of control, we must hold fast to our composure. They borrow from our composure until they develop emotional and brain maturity of their own.

When we model composure, they feel safe to express everything that's going on with them. We get a glimpse into their world and they learn to trust us.

When we lose our composure and scare or hurt our children, it can cause a disconnect that is hard to repair.

Parenting can be difficult and learning to keep our composure when our child is out of control takes practice, but it's definitely worth the effort. Positive parenting supports brain development and builds the foundation for a healthy, lifelong relationship.

Find more parenting blogs at [CHKD.org/Blog](https://www.chk.org/Blog).



Michele Tryon, CHKD community outreach coordinator and parent educator has worked with children and families for more than 30 years. Michele is a certified child life specialist, certified Positive Discipline™ parent educator, and a nationally recognized trainer and consultant for Nurturing Parenting Programs.