

# COVID-19: CIBC Webinars and Community of Practice Sessions



## Connecting During COVID-19: Supporting You Supporting Others

We invite you to join us for **1-HOUR VIRTUAL WEBINARS AND COMMUNITY OF PRACTICE SESSIONS** designed to support you in supporting staff, young children and their families during this time. To register, click on the link to access the registration page: [REGISTER HERE](#)

**Families** are experiencing higher levels of stress and worry as the pandemic impacts many aspects of life. **Young children** may also be experiencing changes in their daily routines as well as the strain on the adults caring for them. In response to their stress, children and adults may exhibit behavior that caregivers can find difficult, confusing or challenging.

### Challenging Behavior: Prevention Strategies May 20, 2020 from noon-1pm

Topics covered include:

- A framework for understanding behavior
- Helping children regulate their emotions
- Guidance, engagement and calming strategies for young children
- Promoting predictability through routines and transitions

### Community of Practice Session: Challenging Behavior

**May 27, 2020 from noon-1pm**

Participants will have the opportunity to dive more deeply into the topic of Challenging Behavior by networking with colleagues, discussing implementation of strategies, problem solving solutions, sharing resources and receiving support through a facilitated conversation.

**Caregivers** can help young children develop resilience through nurturing relationships and positive childhood experiences. Some are providing emergency child care services while others are supporting families remotely. Support and strategies for caregivers' self-care are important to help manage stress and compassion fatigue, minimize burnout and nurture their own well-being.

### Self-Care for Caregivers

**June 17, 2020 from noon-1pm**

Topics covered include:

- Principles of trauma-informed care
- Understanding the body's stress response system
- Recognizing symptoms of stress
- Identifying and practicing self-care strategies

### Community of Practice Session: Self-Care for Caregivers

**June 24, 2020 from noon-1pm**

Participants will have the opportunity to dive more deeply into the topic of Self-Care by networking with colleagues, discussing implementation of strategies, problem solving solutions, sharing resources and receiving support through a facilitated conversation.

**For more information, contact us at: 877-524-2422 or [cibc@wested.org](mailto:cibc@wested.org)**  
If link did not work, enter into url: <https://app.smartsheet.com/b/form/0ad15856147749a9ac3279bbda229472>

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