

COMMUNITY CONNECTIONS



Opportunities for Education, Engagement, and Action

September to December | 2025



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Featured Blog



Feature Presentation

Esports and Gaming:

Minimizing Risks While Maximizing Experiences for Kids



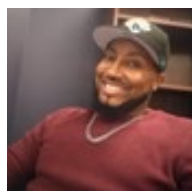
Thursday, November 6, 6:30 - 7:30 p.m.

Location: Virtual

[Register Here](#) or
Scan the QR Code



In today's digital age, playing video games has become an integral part of teen life, with an impressive 85% of U.S. teens engaging in gaming, according to a Pew Research Center survey. Furthermore, esports is making its mark even among younger students in grades K-12. This growing interest often raises valid concerns for parents about their child's gaming habits, inquiries about the world of esports, and worries surrounding potential gaming addiction. Join Matthew Hixon, a professional gamer and successful esports college coach, as he shares invaluable insights on fostering a positive and safe gaming environment at home. Discover innovative esports and gaming programs specifically designed to cultivate skill development, teamwork, and personal growth in our children and teens.



Presenter

Matthew Hixon, also known as 99centmcfury, is a professional gamer and the owner of Gamers Glorified LLC. Through his company, he and his team focus on teaching life and

developmental skills and supporting academic success, financial literacy, and career opportunities for youth and young adults while playing games. His esports and video game program and curriculum provide tangible skill sets to his students.

In addition to his work with Gamers Glorified LLC, Hixon was the first-ever Kishwaukee College esports head coach, launching the inaugural intercollegiate esports team season in the fall of 2020. He is also the College of Lake County's first-ever esports coach, and he has an inspiring dedication to teaching and coaching through gaming.

Or Visit CHKD.org/Classes



Get Connected

Webinars for Parents and Professionals

Register at CHKD.org/Classes



Purposeful Parenting: Through the Lens of Legacy and Love

Thursday, September 18, 6:30 - 7:30 p.m.

Discover how parenting with purpose through the lens of legacy and love can positively shape your family's well-being today and for years to come. This session will explore how intentional choices rooted in your core values can foster emotional and relational growth in children. Join our presenter to reflect on what matters most to you and learn practical strategies to share those values in everyday parenting. Together, we'll uncover ways to build a lasting, loving legacy for the next generation.

[Register Here](#)
or Scan the
QR Code



Presenter: Angelique Payne is a Licensed Resident in Counseling pursuing her EdD in Marriage and Family Counseling. She holds a Bachelor of Arts in Psychology, a Master of Arts in Counseling, Psychology, and Certification in Sports Counseling. In sports counseling, she helps players bring attention to training the mind and body as one, allowing athletes to identify the impact anxieties, negative self-talk, or predictions have on their ability to perform. She works with individuals, couples, families, children, adolescents, athletes, groups, and teams. Her clients include individuals of various ages (the young in years to the young at heart), races, ethnicities, and religions. She considers it an honor and privilege to assist people in finding their place of wholeness and peace.

Connection Through Mindful Parenting

Tuesday, October 7, 6:30 - 7:30 p.m.

Learn how mindfulness in your parenting can lead to less stress and a more positive parent-child connection. Learn what mindfulness means and how mindfulness and yoga (movement) facilitate family wellness. Gain skills that promote self-awareness, support emotional regulation, and create the space for more cooperation in your family's life.

[Register Here](#)
or Scan the
QR Code



Presenter: Arti Kumar-Jain, NCC, CYPFC, CPC, MEd, is the founding director of Love and Light 4 Kidz, LLC, and provides individual and group-based workshops, seminars, and coaching services for children, parents, families, educators, and a variety of community partners. Arti is a mental health therapist who is currently pursuing a PhD in general psychology with an emphasis in performance psychology. She is a certified master health coach and certified parent-child family coach.

Why Is This So Hard? Emotional Eating, Family Stress & Raising Healthy Kids Without Shame

Thursday, November 13, 6:30-7:30 p.m.

Raising healthy kids shouldn't feel like a constant fight, but between food rules, weight talk, and parenting pressure, it often does. You've tried the labels, the limits, maybe even the snack logs, and still, mealtimes feel like chaos instead of quality time. You're stressed. Your child's struggling. And no one's really talking about what's underneath it all.

[Register Here](#)
or Scan the
QR Code



Join Dr. Wendy Schofer, fellow parent and local pediatrician specializing in family emotional health and eating habits, for a refreshingly honest conversation about emotional eating, family stress, and why this is so hard. You'll leave with three simple, powerful tools to create calmer meals, healthier food relationships, and a whole lot less shame. This isn't a diet. It's a new way to care for your family from the inside out. Connect with

Dr. Wendy Schofer at Family in Focus (WendySchoferMD.com).

Or Visit CHKD.org/Classes



Dads in Action - Virtual Resources for Dad

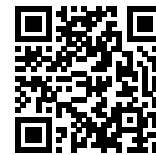


Talking Fatherhood Podcasts with Andrew and Bryson

Podcasts On Demand and Birth and Beyond Blogs from a Fatherhood Perspective. Join Andrew and Bryson on their fatherhood journeys. Listen in on their conversations and gain valuable insights into raising happy and healthy kids.

Available ON DEMAND at
CHKD.org/DadsinAction

or scan the QR code.



Andrew: Z. Andrew Jatau, MS, LPC, is a father, husband, and content creator on a mission to empower fellow dads. With a background in counseling and fatherhood consulting, Andrew provides a unique blend of mental health expertise and family dedication to his work. As a full-time content creator and manager, Andrew produces educational digital content for kids while also sharing insights and advice on fatherhood, mental health, and personal growth.

Bryson: Bryson Creighton is a dedicated father to two girls and husband to his high school sweetheart. Juggling parenthood, self-worth, a relationship, and an executive career, he offers a unique family man's perspective. Despite the challenges around time, he prioritizes his family, showing his selfless devotion to fatherhood. An avid sports enthusiast, Bryson expertly balances this passion with family commitments, embodying a family-first mantra.

Videos On Demand



Take Ten! Positive Parenting Tips

Parents and providers, we invite you to take ten minutes out of your day to reflect on your parenting journey and consider some strategies that may be helpful in supporting the well-being of your family or students.

Topics include tried-and-true areas of interest, such as children and stress, positive discipline, grief and loss, and more.

Register Here or
Scan the QR Code
to Take Ten!



Visit CHKD.org/Classes



Spanish Health and Wellness Resources at CHKD Recursos sobre la Salud y el Bienestar de CHKD



CHKD is happy to provide up-to-date health and wellness resources to you in Spanish. We also offer online parenting resources and printable handouts at CHKD.org/ParentingResources.

CHKD se complace en ofrecerle recursos actualizados sobre la salud y el bienestar en español. También ofrecemos recursos de crianza en línea y folletos para imprimir en CHKD.org/ParentingResources.



Get Connected with a CHKD Pediatrician

Visit CHKD.org/Classes for dates, times, and to register.



For information on selecting a doctor. Visit CHKD.org/SelectingaDoctor

Suffolk Pediatrics

1009 Hillpoint Blvd., Suffolk

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) 668-2250.

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.



Special Presentation for Expectant and New Parents

Season of Safety: Newborn Sleep and Care
Thursday, October 2, 6:30-7:30 p.m.

Are you feeling overwhelmed about bringing your baby home? No worries! Expectant and new parents are invited to join the CHKD expert panel for an informative session on the essentials of infant care and safety during the first year.

Topics will include: Setting up a safe sleep environment, breastfeeding, car seat safety, well care visits and immunizations. There will be an opportunity to ask questions.

**Register Here or
Scan the QR Code**



Visit CHKD.org/Classes



Kids' Health Tips



Have a Happy, Healthy Halloween

By Dr. Rhaianne Kent, Town Center Pediatrics
CHKD Medical Group

Dressing up in spooky costumes, decorating, and trick-or-treating are just a few of the fun activities that make Halloween a special time for children. But what if you're trying to keep your family on a healthy track?

Plan activities that do not involve candy or eating:

- Be creative by designing or picking out a costume together.
- Decorate the house or front door. Put up fun age-appropriate decorations that celebrate the season, such as spiders, pumpkins, or ghosts.
- Visit a pumpkin patch and select pumpkins to carve or decorate. You can even save the pumpkin seeds and roast them for a healthy snack.
- Plan a trip to a farm to pick apples or go on a hayride. Take a scenic drive and notice the changing colors of the fall leaves.



Before Halloween night, develop a Trick-or-Treat plan with your kids:

- Before you start trick-or-treating, offer a healthy, well-balanced dinner. This will prevent your kids from trying to satisfy real hunger with candy when they get back from trick-or-treating.
- Determine how many houses to visit and establish a start and end time.
- Decide on the amount of candy they will be allowed to consume on Halloween night and each day after. This will prevent overconsumption and possible stomach aches from excess sugar.

What to do with the piles of candy after Halloween:

- Have your kids make a list of their top ten favorite kinds of candy.
- Sort the candy and have them pick their favorites out of the pile, and then give the rest away.
- Stick to your plan of how many pieces of candy they are allowed per day.

Maintain your healthy lifestyle:

- Continue to offer healthy foods at meals and snacks. Remember the MyPlate (MyPlate.gov) meal pattern.
- Keep up with your regular exercise routine. Play outside with your kids as much as possible.
- Model healthy eating yourself and teach your kids how an occasional treat can be worked into a healthy diet.

For more Kids' Health Tips Blogs, scan the QR code or visit CHKD.org/KidsHealthTips.





Community Programs and Mental Wellness Events



Teddy Bear Clinic

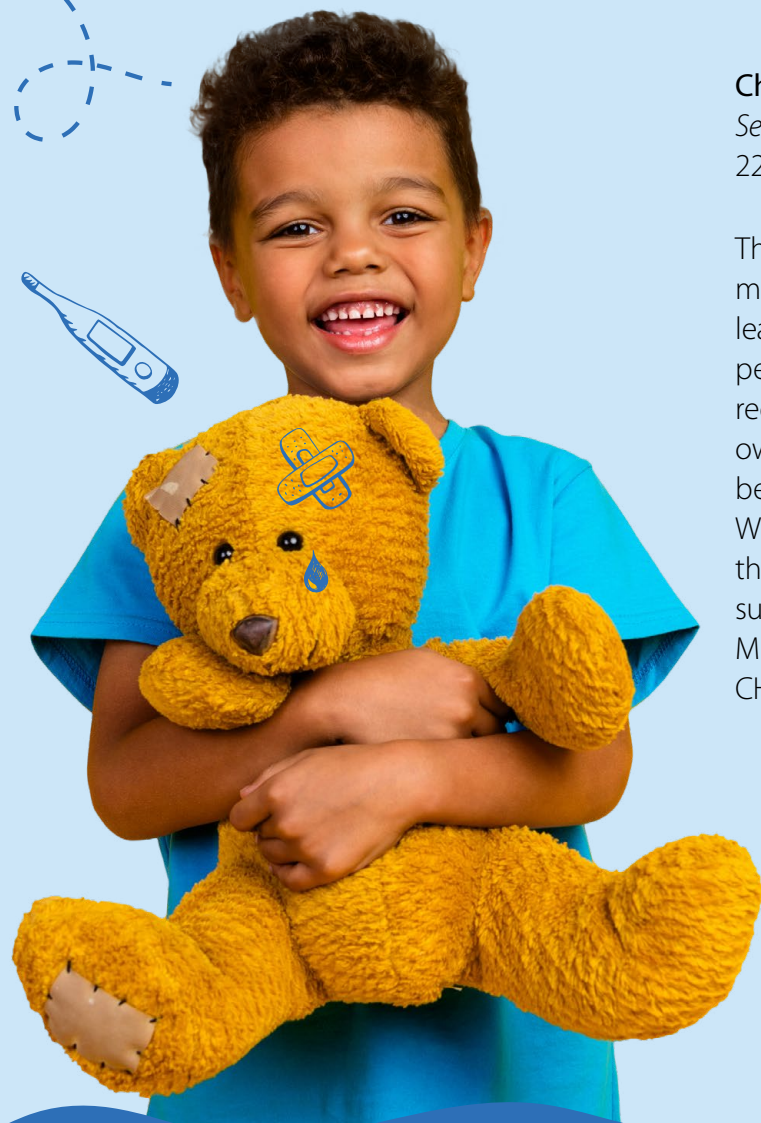
Saturday, September 13, 10 a.m. to 2 p.m.

Children's Museum of Virginia

September's Second Saturday Adventure!

221 High Street, Portsmouth

The Teddy Bear Clinic is included with your museum admission. Children will have fun and learn about health and healthcare with CHKD pediatric staff and volunteers. Each child will receive a teddy bear (or they can bring their own) to take with them through the make-believe healthcare stations and to view a Welcome to CHKD educational video. During this play-filled day, children can create medical supply-inspired art projects, meet Children Museum's mascot Arlo, and receive a book from CHKD's Reach Out and Read literacy program.



Or Visit [ChildrensMuseumVirginia.com](https://www.ChildrensMuseumVirginia.com)



Community Programs and Mental Wellness Events



Saturday, October 18, 1-3:30 p.m. (1-2 p.m. low sensory hour)

Dr. Clarence V. Cuffee Community Center

2019 Windy Rd, Chesapeake

Saturday, October 25, 10 a.m.-12:30 p.m.

Mt. Vernon Elementary

310 Mt. Vernon Drive, Yorktown

Children with special needs and their families are invited to CHKD's family-friendly Fall Fest events. These free community events are geared to children of all abilities and features games, face painting, music, and fun photo opportunities. Kids are encouraged to wear their favorite costumes and decorate their wheelchairs or adaptive equipment.

No registration is necessary.



Presented by

Chesapeake
VIRGINIA
Parks, Recreation & Tourism



Or Visit [CHKD.org/Classes](https://www.chkd.org/classes)



Community Programs and Mental Wellness Events

CHKD Supports:

MileOneCares Car Seat Education and Installation Events



Car Seat Safety Checkup!

Hall, MileOne Autogroup, CHKD, and the Virginia Beach Fire Department (VBFD) have teamed up to make sure your child is buckled up in a properly installed car seat. Hall is providing car seats to those who need them most. Certified passenger safety technicians from CHKD and VBFD will work closely to educate parents and install their new car seats. **Registration is required.**

Tuesday, September 25, 10 a.m.-2 p.m.
Hall Toyota, 1877 Laskin Road, Virginia Beach



Registration is required. To [register](#) and to find out more information, go to MileOneCares.com.

Expectant and New Parent Car Seat Distribution Events

MileOne Autogroup will distribute free car seats to families in Virginia Beach. These events are designed for expectant parents and newborns up to 6 months to ensure the smallest among us ride safely from day one. Registration will open in September 2025 on the MileOne website.



CooPeR Saves Lives CPR Education Class

CPR can save lives. Through the generous donation of the CooPeR Saves Lives organization, CHKD is offering a non-certified CPR training for adult, child, and infant CPR, including skills for AED use and relief of choking. This course is offered FREE, and space is limited.

Tuesday, October 14, 6:30-8 p.m.

**Register Here or
Scan the QR Code**



CHKD Health Center at Landstown
2nd floor conference room
1924 Landstown Centre Way, Virginia Beach

**Scan the QR code to watch
CooPeR Saves Lives public service
announcement - focusing on
drowning prevention education.**



Or Visit CHKD.org/Classes



Community Programs and Mental Wellness Events

Register Now



QPR - Suicide Prevention Virtual Training

Question, Persuade, Refer (QPR) virtual training is offered free to the community for anyone age 16 and older to empower parents, youth workers, teachers, coaches, and other professionals to help prevent suicide in our community. Learn to recognize the warning signs, how to intervene, and where to refer someone who is in crisis. Ask a Question, Save A Life.

Tuesday, October 28, 6:30-8 p.m.

**Register Here or
Scan the QR Code**



The Sarah Michelle
Peterson Foundation

SAVE THE DATE for Professionals in Healthcare

AI in Healthcare: The Risks and Benefits

Friday, November 7, 8 a.m. – Noon
CHKD, Brickhouse Auditorium, 2nd floor
601 Children's Lane, Norfolk

Registration is required and opens in the fall of 2025.
For more information, visit CHKD.org/CME.



Coming Soon This Fall!



Documentary

Partners for Community Health Collaboration (PCHC) will present this original IndieFlix film that explores all sides of cyberbullying and its impact on the bully, the victim, and their family members. A Q&A discussion will follow the film. Times and locations will be published in September. For more information, scan the QR Code.





Community Programs and Mental Wellness Events

[Register Now](#)



Become a Member and Raise Awareness for Mental Health and Wellness for Youth Athletes

In 2020, the Virginia Sports Hall of Fame and the CHKD came together to create a platform to focus on mental wellness for youth athletes. The Youth Sports Mental Health & Wellness Alliance brings together youth sports stakeholders throughout the community to promote positive mental health and wellness in sports and to work toward the following objectives:

- Identify mental health trends and concerns in youth sports.
- Provide expertise and ideas for mental health and wellness programs for coaches, parents, and athletes.
- Share mental health educational resources.
- Promote, market, and advocate for youth sports mental health and wellness programs.

Coaches, parents, administrators, collegiate and youth athletes, mental health organizations, and sports clubs are invited to attend a general membership meeting to learn more about supporting youth sports mental health. Feel free to visit our website at YSWA.org for more information and upcoming events.

**To become a member,
click [HERE](#) or
scan the QR Code.**



Featured Blog

Medication at School: Tips for Parents

By Dr. Vernita Peeples,
Pediatric Partners of Hampton Roads
CHKD Medical Group



If your child needs to take medication at school, you can help make this daily routine go smoothly by taking some simple steps and preparation.

Because many school districts and private schools have their own rules for dispensing medication to students, it's often best to first consult with your child's school nurse. There may be forms you need to fill out before the school year starts.

Medication at school should always be kept in the container given to you from the pharmacy with proper labeling. Ask your pharmacist if it's possible to dispense your child's medication into two labeled bottles so that you can keep one at school and the other at home.

Medication Label Guidelines

All medication should be transported to school by an adult and received by another adult. As a general rule, children should not carry medication during school hours unless doing so has been approved by their parent, doctor, and school official for emergency purposes. School authorities also should ensure immediate access to emergency medications. Written authorization for prescription and nonprescription medications given during school hours may be required from your child's doctor, as well as written consent from a parent. When in doubt, refer to the school's medication policy.

Medication Label Guidelines

All medication must be contained in labeled pharmacy containers with physician instructions. The information should include:

- Your child's name.
- Name of medication.
- Dosage.
- Frequency and route of administration.
- Physician name.
- Date of prescription.
- Expiration date.

Field Trips

If your child is going on a field trip that conflicts with the time of day that they normally take their medication, ask your child's doctor if it can be taken at an alternate time without complication. If your child must take their medication during the field trip, make arrangements to ensure that the medication is transported, stored, and administered properly.

Medication at College

If your child is under the age of 18, be sure to discuss with health center staff any medical information they need regarding your teen. It's a good idea to figure out ahead of time how to arrange for prescription refills.

Make sure your teen understands how their medication should be taken and what side effects can occur if taken at the wrong time or with alcohol.

If your teen lives in the dorms or has roommates, talk to them about any emergency medication your child may need in the event of an emergency. Make sure they know where the medication is kept.

If your child's condition is complex, consider speaking with health center staff prior to the start of school. As always, seek out the advice of your child's doctor, school nurse, or the health center staff before school starts to prevent any problems during the school year.

Resource Reminder: CHKD Outpatient Pharmacy

CHKD's Outpatient Pharmacy is a great resource for patients and their families. In addition to commonly prescribed medications, the pharmacy stocks harder-to-find formulations, such as drugs on shortage, oral suspensions, and compounded formulations. Free home delivery is available, and pricing is competitive with regional drug stores. Families can reach the pharmacy at (757) 668-6337 or at CHKD.org/Pharmacy.