

COMMUNITY CONNECTIONS

Opportunities for Education, Engagement, and Action

September to December | 2026



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Feature Presentation

Navigating Child Care in Hampton Roads:

A Parent's Guide to Quality and Support



Wednesday, September 16, 6:30-7:30 p.m.

Virtual Event

Join our virtual workshop to explore childcare options in the Hampton Roads area, learn how to identify high-quality care, and discover financial assistance programs to support your family. Get practical tips and tools for finding and evaluating childcare providers in your area that meet the needs of your family.



Presenter

Sharon Howell, BS, is currently the Eastern Regional Manager for ChildCare Aware of Virginia and has been involved in early childhood education for over 35 years as a classroom teacher, director, trainer, and consultant. She is passionate about empowering educators to assume leadership positions and advocate for children, families, and educators. Sharon is known for making learning engaging by motivating teachers and students with various learning styles.

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



Visit CHKD.org/Classes



Get Connected

Webinars for Parents and Professionals

Register at CHKD.org/Classes



Building Resilience in Children and Families

Featured Presenter: Arti Kumar-Jain • **Wednesday, September 9, 6:30-7:30 p.m.**

Join us for a practical program designed to help families build resilience together. Through supportive relationships, everyday coping tools, and simple problem-solving strategies, caregivers will discover ways to help children and teens face challenges with confidence, develop a healthy growth mindset, and feel supported through life's ups and downs.

Children and Stress

Featured Presenter: Michele Tryon • **Wednesday, September 23, 6:30-7:30 p.m.**

Understand what stress is and how it affects 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.

Building Bridges Through Family Change: Supporting Children Across Homes and Caregiving Environments

Featured Presenter: Angelique Payne • **Wednesday, September 30, 6:30-7:30 p.m.**

This class provides practical strategies for supporting children who are navigating family transitions. Whether children are moving between households, adjusting to foster or kinship care, joining blended families, or adapting to changes in caregiving arrangements, participants learn ways to create stability, strengthen communication, and reduce stress during times of change. The session explores child-centered approaches to collaboration among caregiving adults, to help children feel safe, supported, and valued throughout family transitions.

Positive Discipline (Ages 5-12)

Featured Presenter: Michele Tryon • **Wednesday, October 14, 6:30-7:30 p.m.**

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

Helping Children Heal Through Family Change: Supporting Grief, Growth, and Emotional Well-Being

Featured Presenter: Angelique Payne • **Wednesday, October 21, 6:30-7:30 p.m.**

This class provides practical tools for helping children navigate the emotional impact of family transitions. Participants explore how children experience grief, loss, uncertainty, and changes in family relationships following events such as separation, divorce, foster care placement, reunification, blended family adjustments, or other caregiving transitions. Learn how to recognize signs of emotional distress, and support healthy emotional expression. Participants leave with strategies to help children heal, grow, and develop confidence during times of change.

Helping Young Children Manage Emotion (Ages 2-6)

Featured Presenter: Michele Tryon • **Wednesday, November 4, 6:30-7:30 p.m.**

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.



Get Connected

Webinars for Parents and Professionals

Register at CHKD.org/Classes



Managing Holiday Stress and Preventing Burnout

Featured Presenter: Arti Kumar-Jain • **Tuesday, November 10, 6:30-7:30 p.m.**

The holiday season can be joyful, but it can also feel overwhelming. This supportive program offers families practical tools to reduce stress, set healthy boundaries, and care for their emotional well-being throughout the season. Caregivers will come away with realistic strategies to create more balance, protect family wellness, and make space for more peace and joy during the holidays.

Gratitude, Connection, and Mental Wellness

Featured Presenter: Arti Kumar-Jain • **Wednesday, December 9, 6:30-7:30 p.m.**

Celebrate the power of gratitude, connection, and family traditions in this uplifting session focused on emotional wellness during the holiday season. Families will leave with simple, meaningful ideas for creating moments of belonging, strengthening relationships, and practicing gratitude in everyday life to support positive mental health for both children and caregivers.

Self-Compassion for Burned Out Parents and Providers

Featured Presenter: Michele Tryon • **Monday, December 14, 12:30-1:30 p.m.**

Feeling overwhelmed? You are not alone. Let's talk about it. Learn what a self-compassion practice looks like for parents and providers. Develop a plan to derail personal burnout in the everyday ups and downs of caring for your children or students. Taking care of yourself is a great gift to give this holiday season.

Our Webinar Speakers



Arti Kumar-Jain, LPC, NCC, 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.



Angelique Payne is a Licensed Resident in Counseling and an Education Specialist in Community Care and Counseling-Marriage and Family. She holds a Bachelor of Arts in Psychology, a Master of Arts in Counseling, Psychology, and Certification in Sports Counseling. In sports counseling, Angelique helps players focus on training the mind and body as one, allowing athletes to identify the impact that anxiety, negative self-talk, or predictions have on their ability to perform. She works with individuals, couples, families, children, adolescents, athletes, groups, and teams. Angelique's clients include individuals of various ages (the young in years to the young at heart), races, ethnicities, and is honored and privileged to assist in helping people find their place of wholeness and peace.



Michele Tryon, MA, CCLS, is a National Trainer Consultant for Nurturing Parenting® Programs, author of the Nurture Hope Nurturing Parenting® Program products, and a certified child life specialist. She has worked with children, families and providers in healthcare, education, childcare, and pediatric palliative care systems as a leader, direct service provider, and advocate. Michele co-chaired the regional parent education network (HRPEN), and was a member of the regional trauma-informed community network's steering committee (HRTICN) for several years. She is recognized as a HOPE facilitator by The Hope National Resource Center and provides training and consulting through her business, Michele Tryon Consulting, LLC.



Dads in Action - Virtual Resources for Dad



Talking Fatherhood Podcasts

with Andrew and Bryson

Podcasts On Demand

Join Andrew and Bryson on their fatherhood journeys. Listen in on their conversations and gain valuable insights into raising happy and healthy kids.

- Episode 1, Fatherhood so Far
- Episode 2, Work from Home Dad
- Episode 3, Being a Father-Coach

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.



Five-Minute Fatherhood Talks

with Andrew Jatau, LPC

Being a dad is an important job and these five-minute talks will help you build your confidence and connect with your kids. The good news is you can listen to them at your convenience.

The menu of topics include:

- Family of Origin
- Confident Fathering
- Discipline and Fatherhood
- Effective Partner Communication
- Raising Sons
- Financial Anxiety

Available ON DEMAND at

CHKD.org/DadsinAction

or scan the QR code.



Visit CHKD.org/Classes

Videos On Demand



Take Ten! Positive Parenting and Home Safety 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, taming temper tantrums, and more.

[Click Here](#) or
Scan the QR Code
and Take Ten!



Home Safety Tips:

- Water Safety
- Safe Sleep Guidelines for Babies
- Home Safety Tips
- Healthy Eating Tips for Families
- Too Sick for School
- Bringing Baby Home
- Family Fitness Tips
- Parenting Education

[Click Here](#) or Scan
the QR Code for
Home Safety Tips!



Visit CHKD.org/Classes



Boosters Are for Big Kids: What Parents Need to Know

As children grow, many parents wonder when it's safe to transition out of a booster seat. However, safety experts at Children's Hospital of The King's Daughters (CHKD) emphasize that this milestone may come later than expected.

Children should remain in a booster seat until the seat belt fits properly, typically when they reach at least 4 feet 9 inches in height. For many children, this may not occur until nearly age 12. Because every child grows differently, size – not age – is the most important factor.

Why booster seats matter: Booster seats raise children so that seat belts fit correctly across the strongest parts of their bodies. Without a booster, the seat belt may rest on the stomach or neck, increasing the risk of injury. Using a booster seat can reduce the risk of serious injury by up to 45 percent compared to using a seat belt alone.



Is your child ready to move out of a booster? Use this quick safety check:

- The shoulder belt rests across the center of the chest and not the neck.
- The lap belt lies low across the upper thighs, not the stomach.
- The child's knees bend naturally at the edge of the seat with feet flat on the floor.
- The child can sit properly for the entire ride without slouching.

If any of these are not met, your child should continue using a booster seat.

Back seat safety: Even as children grow older, the back seat remains the safest place to ride. Children should ride in the back seat until at least age 13.

For more information or assistance with car seat safety, visit CHKD's Car Seat Safety Program webpage.

Click [Here](#) or Scan
the QR Code for Car
Seat Safety Tips!





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](https://www.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](https://www.chkd.org/ParentingResources).



Get Connected with a CHKD Pediatrician

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



For information on selecting a doctor, visit [CHKD.org/SelectingaDoctor](https://www.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.



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



Community Programs and Events

MileOne Autogroup – Free Car Seat Distribution and Safety



Hall Toyota Virginia Beach, part of MileOne Autogroup, and CHKD have teamed up to make sure expectant parents or those who have a newborn (up to 6 months of age) have a certified car seat for their child. Hall Autogroup is donating car seats to families in need, and Certified Passenger Safety Technicians from CHKD and the Virginia Beach Fire Department will be on site to answer your questions about the car seat and proper installation. Pre-registration is required.

Wednesday, September 23, 11:30 a.m. – 1:30 p.m.

Hall Toyota, 1877 Laskin Road, Virginia Beach

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



CHKD Car Seat Installation Event

CHKD and the Virginia Beach Fire Department have teamed up to make sure that your child is buckled up in a properly installed car seat. Through generous donation from MileOne Autogroup we are able to provide car seats to families who are in need of one. Certified passenger safety technicians from CHKD and VBFD will work closely with parents to educate them on all aspects of their new car seats, including proper installation.

During this appointment, you will learn how to correctly install your car seat and harness your child. This process takes about 30-45 minutes per seat. Please plan accordingly.

Wednesday, October 21, 10 a.m.- 1 p.m

Virginia Department of Health, WIC Office, 4452 Corporation Lane, Virginia Beach

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



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



Community Programs and Events

Season of Safety: Newborn Sleep and Care (Virtual Webinar)

Presented by CHKD Medical Experts

Monday, October 19, 12- 1 p.m.

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



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.

Bonus: An infant car seat and 2 pack-in-plays will be given away at the end of the program to three lucky attendees.

CHKD Teddy Bear Clinic

Saturday, September 12, 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 CHKD's Healthy Bear and Children's Museum's mascot Arlo, visit with CHKD Buddy Brigade teams, and receive a book from CHKD's Reach Out and Read literacy program.



To purchase a Museum Admission ticket for the Teddy Bear Clinic, scan the QR code.



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



Community Programs and Events

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, to include skills for relief of choking and AED use. This course is offered FREE, and space is limited.

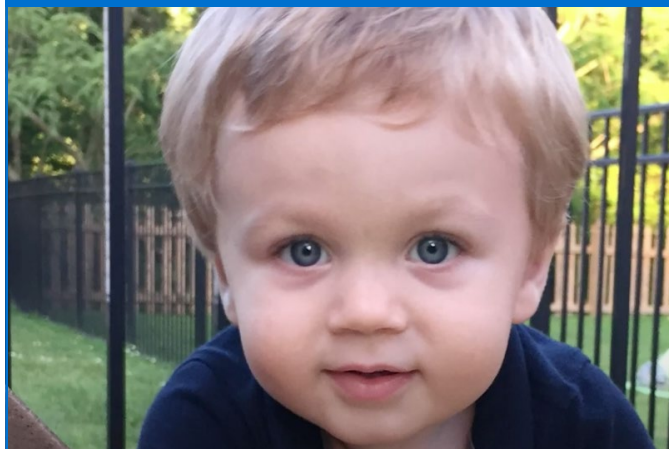
Tuesday, October 6, 6:30-8 p.m.

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



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.



Fall Fest 2026

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 feature a trick-or-treat indoor village, games, face painting, music, and fun photo opportunities. There will be special performances by TRS Kids, a performing arts company for children of all ages and abilities. Kids are encouraged to wear their favorite costumes and decorate their wheelchairs or adaptive equipment.

No registration is necessary.

Saturday, October 17, 12:30 – 2:30 p.m.

Great Bridge Community Center
212 Holt Drive, Chesapeake

Saturday, October 24, 10 a.m. – Noon

Mt. Vernon Elementary
310 Mt. Vernon Dr., Yorktown



Interested in becoming a vendor for this event? Email Outreach@CHKD.org or scan the QR code.



Visit CHKD.org/Classes



Mental Health and Wellness Education

Register Now



QPR - Suicide Prevention Virtual Training

Question, Persuade, Refer (QPR) virtual training is offered free to the community for anyone ages 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 in crisis. Ask a Question, Save A Life.

Tuesday, September 15, 6:30-8 p.m.

Thursday, December 3, 6:30-8 p.m.



The Sarah Michelle Peterson Foundation

THE UPSTANDERS

Presented by



A virtual film and discussion about resilience and the power of connection to end bullying.

Presented by: Partners for Community Health Collaboration (PCHC)

Thursday, September 24, 6-7:30 p.m.

This original Indieflix film explores all sides of cyberbullying and its impact on the bully, the victim, bystanders, and their family members. With the increase in social media use, bullying is more prevalent than ever. Upstanders weaves together personal stories of teenagers and their families and interviews with educators and brain scientists to demonstrate the importance of empathy and resilience.

Learn what is needed to transform attitudes and what actions can be taken to change human behavior and develop a greater positive connection to one another. The film highlights that everyone has a part to play in eradicating cyberbullying and gives bystanders the confidence and tools they need to become Upstanders and change the narrative and the outcome. Immediately following the film, a panel of experts from the film and local experts will answer your questions.

This program is made possible through the generous donations from Bon Secours, CHKD, Sentara Health, and Riverside Health.



Mental Health and Wellness Education

Register Now



Co-founders: CHKD and Virginia Sports Hall of Fame

Helping Young Athletes Thrive: A Workshop for Parents and Coaches

Tuesday, October 20, 6-7:15 p.m.
Virtual Event

Whether a young athlete is trying out for a sport, joining a new team, or transitioning to a new club or school, the support they receive from adults can make all the difference. This interactive workshop will give parents and coaches practical tools to align their goals with those of their athletes, and promote a positive culture that helps athletes stay motivated, build confidence, and communicate effectively. Participants will leave with simple strategies to strengthen relationships, encourage healthy expectations, and create a supportive environment where young athletes can perform at their highest level. Program speaker from the Positive Coaching Alliance organization.

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



Do you want to become a member of the Youth Sports Mental Health & Wellness Alliance?

Coaches, parents, and administrators of youth sports are invited to become members of the Alliance. Membership is free and provides free professional training opportunities to identify mental health concerns in youth sports, provide resources, and advocate for youth sports mental and wellness programs. To become a member or to see what upcoming programs are, visit our website at www.YSWA.org.



CHKD Sports Medicine Fitness Classes

Register Now



CHKD Autism Fitness Class

This 6-week class is designed for kids ages 6 to 18 with a medical diagnosis of autism from a physician. All participants must have medical clearance to participate in physical activity. Registration is required and space is limited to 10 participants. Fee: \$65

**Saturdays, for 6 weeks starting
September 12 – October 17**

CHKD Health Center at Oakbrooke
Sports Medicine Gym, Suite 202
500 Discovery Drive, Chesapeake, VA



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



Professional Medical Webinars (CME and CE offered for nurses)

Learn from CHKD experts about important topics in children's health.

Register Now - CME Lunch and Learn Series

September 23, 12:15 - 1:15 p.m.

Topic: Hemangioma and Vascular Lesions

Featured Speaker: Dr. David Darrow, Dr. Judith Williams,
and Dr. Katherine Watson



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

October 6, 5 – 6 p.m.

Topic: Autonomic Dysregulation/Hypermobility Syndromes

Featured Speaker: Dr. Katrina Leshner and Amber Stewart, PA



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

November 11, noon – 1 p.m.

Topic: Pediatric Headaches

Featured Speaker: Dr. George Dahl



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

December 9, 5 – 6 p.m.

Topic: Sports Related Concussion Management

Featured Speaker: Dr. Micah Lamb



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

Please note: CME credit offered to registered participants.



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

Birth & Beyond Parenting - Featured Blog

A Change in Season

Author: Jeane N. Liburd, MA, CCLS



Fall is in the air, and the change of season is all around us. As a family, we are also evolving into a new stage of life. My husband and I reached milestone birthdays over the last year, and all our children are now school-age. The season of nursing a baby while supervising my preschooler during circle time at the library has transitioned to 'consonant-vowel-consonant' words and reading comprehension. Instead of scheduling play dates, we are navigating extracurricular activities. Each shift in life brings an opportunity to reflect on the past and consider new expectations for the current season.

In the early years of growing our family, I was never fond of hearing, "It goes so fast, just enjoy it." As I was mostly sleep deprived and just trying to survive until bedtime, this sentiment seemed like nails on a chalkboard. Yet, with distance my perspective has changed, and I'm beginning to appreciate the phrase as time seems to be moving faster than what I remember when they were little.

Our days are still full and bedtime continues to be a great respite for each day, but living in the present has my full attention. Parenting reflects life's juxtaposition and everything in between. Savoring the depth and breadth of these moments is essential. This allows me to soak up sweet hugs and funny school-aged humor while also attending to the full range of emotions that we experience in this human body. The power of presence also allows me to recognize and respect our individual limitations to meet our evolving needs. Sometimes distance is necessary to have a full perspective. My hope is to teach my children that all of life is worth savoring.

For more parenting information or to register for CHKD workshops and webinars, visit CHKD.org/ParentingResources.