In this issue:

- Featured Virtual Presentations
- Virtual Lunch and Learn for Parents and Providers
- Webinars for Parents and Professionals
- Dads in Action Resources
- Spanish Health and Wellness Resources
- Get Connected with a CHKD Pediatrician
- Practical Parenting Tips
- Community Events and Conferences
- Birth & Beyond Parenting Featured Blog
When families are facing a serious illness or the death of a loved one, parents and adult family members may not know what to tell the children. Learn what to say, what not to say, and how to support your child or children through challenging times.

**Part 1 - Helping Your Child When Someone They Love is Sick**
Thursday, August 8, 6:30-7:30 p.m.

**Register Here or Scan the QR Code**

**Part 2 - Helping Your Child When Someone They Love Has Died**
Thursday, August 22, 6:30-7:30 p.m.

**Register Here or Scan the QR Code**

**Presenter**
Jeané Liburd, MA, CCLS, is a certified child life specialist with a master’s degree in marriage and family therapy, and has trained extensively in play therapy. She currently serves as an adjunct instructor for Liberty University, teaching child development and multiculturalism. She has provided services for children and families for over 15 years in various settings, including hospitals, pediatric hospice, and community programs. The focus of her work is supporting children and families who have experienced illness, grief, and loss.
Virtual Lunch and Learn for Parents and Providers

HOPE: Positive Childhood Experiences and Play
Monday, June 3, 12:30-1:30 p.m.
The research is in. Key positive childhood experiences (PCEs) support healthy development and positive outcomes for children. Positive childhood experiences foster a sense of safety and security and facilitate learning through curiosity, exploration, and play. Learn how play can help you create a healthy, joyful, and hopeful environment where children, families, and communities can thrive.

Self-Compassion for Burned Out Parents and Providers
Monday, August 5, 12:30-1:30 p.m.
Self-compassion is one of the most powerful tools you can put in your parenting/provider toolkit. You will identify the key benefits and the most common obstacles to self-compassion, and develop a self-compassion practice that will increase your personal well-being and capacity to care for others.

Presenter: Michele Tryon, CCLS, joined CHKD in 2006 and provides parent education and professional training on a variety of topics designed to enhance the well-being of children and families. She is recognized as a HOPE facilitator through The HOPE National Resource Center.

PositiveExperience.org

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.
Wednesday, May 8, 6:30-7:30 p.m.

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 (not wants).
Wednesday, May 22, 6:30-7:30 p.m.

Children and Stress
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.
Wednesday, June 12, 6:30-7:30 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, August 14, 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.
Wednesday, August 28, 6:30-7:30 p.m.
Five-Minute Fatherhood Talks
with Z. 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.

Available ON DEMAND at CHKD.org/DadsinAction or scan the QR code.

The menu of topics include:
- Family of Origin
- Confident Fathering
- Discipline and Fatherhood
- Effective Partner Communication
- Raising Sons
- Financial Anxiety

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.

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.
Water Safety and Drowning Prevention

Water is everywhere and taking necessary safety precautions is important at any age, but especially for children age 14 and younger.

Did you know?

• Drowning is silent and quick. It can occur within 20 seconds.
• Drowning can happen in less than 1-2 inches of water. Filled bathtubs, swimming pools, wading pools, hot tubs, buckets of water, and sinks can all be dangerous and deadly.
• Drowning is one of the leading causes of death among children ages 1-4 and is the second leading cause of death in children ages 1-14.
• Children with autism are 10 times more likely to experience nonfatal and fatal drowning than their typically developing peers.
• 88% of children who drown are under some form of supervision.

Bathroom Safety

• Never leave a baby or toddler unattended in the bathtub, even for a minute.
• Install a toilet lid-locking device and keep bathroom doors closed at all times. You can also install doorknob covers.
• Empty all bathtubs, buckets, or other containers filled with any amount of water or other liquid when not in use.

Pool Safety

• Install four-sided fencing at least four feet high, with self-closing and self-latching gates.
• Install pool alarms and covers for safety. (This is not a substitute for fencing and adult supervision.)
• Remove toys from the pool when the pool is not in use.
• Dump out all water from a wading pool after use.
• Remove any ladders from an above-ground pool when not in use.
• Supervise and stay within arm’s reach of your child or infant when near a pool or body of water.
• Other caregivers should be comfortable supervising your child in the pool, understand your pool rules, and be trained in basic water rescue skills and CPR.

Other Water Safety Tips

• Teach your child basic swim skills like floating and moving through water. All children are different, so ask your pediatrician if your child is ready to start swim lessons.
• Learn CPR and basic water rescue skills.
• Take safety breaks that include hydration, rest, and reapplying sunscreen.
• Know where your family members are when there is water around.
• Never allow anyone to swim alone.
• Teach children to always ask permission to enter a body of water and to use the buddy system when swimming.
• Supervise your children of all ages, even if there is a lifeguard on duty.
• Inflatable flotation or foam devices such as vests, water wings, rafts, or foam noodles are not a substitute for constant adult supervision and are not designed to keep swimmers safe.
• Always be attentive to babies, toddlers, and preschoolers who are in or near water. Use “touch supervision” – being close enough to reach a child at all times.

Your child’s pediatrician should be your primary source of advice about your child’s health.
Community Events
To register, visit CHKD.org/Classes

MileOne Autogroup and CHKD – Free Car Seat Distribution and Safety Event
Hall, part of MileOne Autogroup, and CHKD have teamed up to make sure that your child is buckled up in a properly installed car seat. Hall Autogroup is donating car seats to families in need and certified passenger safety technicians from CHKD will work closely with you to educate you on all aspects of your new seat, including proper installation.

Join us at one of the locations below if you would like to have your child’s car seat installed, checked for safety, or if you are in need of a car seat. Pre-registration is required. During the appointment, you will learn how to correctly install your car seats and harness your children. This process takes about 30-45 minutes per seat. Please plan accordingly.

MileOne Autogroup and CHKD – Free Car Seat Distribution and Safety Event
Hall, part of MileOne Autogroup, and CHKD have teamed up to make sure that your child is buckled up in a properly installed car seat. Hall Autogroup is donating car seats to families in need and certified passenger safety technicians from CHKD will work closely with you to educate you on all aspects of your new seat, including proper installation.

Join us at one of the locations below if you would like to have your child’s car seat installed, checked for safety, or if you are in need of a car seat. Pre-registration is required. During the appointment, you will learn how to correctly install your car seats and harness your children. This process takes about 30-45 minutes per seat. Please plan accordingly.

Save the Dates
Registration opens in late August/September.

September 17  October 24
Hall Toyota Virginia Beach  Hall Ford Elizabeth City, NC

Conferences and Collaborations

A Youth Sports Forum
Developing the Youth Athlete - A Team Approach

The development of the physical, social, and emotional well-being of an athlete is no easy task. Coaches, administrators, game officials, parents, and athletes (grades 6 -12) are invited to be part of the game plan for young athletes reaching their greatest potential.

*Doors open at 5:45 p.m. with FREE casual dinner offered.

Old Dominion University, Big Blue Room
Chartway Arena, 4320 Hampton Blvd., Norfolk, VA

May 20, 2024, 6-8 p.m.
Registration Required
Professional Parent Education Conference

Educate, Equip, and Inspire
Birth and Beyond Parenting

Tuesday, May 14, 10 a.m. to 3 p.m.
CHKD Brickhouse Auditorium (2nd floor)
601 Children’s Lane, Norfolk, VA 23507

A conference for professionals providing parent education and working with families and youth in homes, schools, healthcare, and community organizations. Sessions throughout the event will cover a variety of topics integral to best practice in parent education and the promotion of well-being in children, youth, and families. Hosted by Hampton Roads Parenting Education Network, CHKD, and Hampton Healthy Families.

Featured Presentation
A Return to You - Modern Motherhood, Social Media, and Postpartum Support
Presenter: Dr. Natasha Sriraman, MD, MPH, FAAP, FABM

Sessions throughout the day include FACT (Autism) Resources, Health and Safety, Mindfulness and Movement, and Healthy Habits.

Conference highlights include a book signing and plenty of opportunities for networking.

$25 registration fee (non-refundable) includes parking, boxed lunch, water, and raffle ticket.

For more information and to register click here or scan the QR code.
Parenting in the Digital World – Technoference

Author: Michele Tryon, CCLS

Have you ever been distracted by your phone while interacting with your child or grandchild? I was distracted the other day while playing with my grandson. We were at the playground, and he was showing me his incredible physical abilities: climbing, running, and sliding. He was enjoying my attention and I started to narrate his feats using my announcer’s voice, “He climbs to the top of the ladder. Look at that technique. What will he do next? He is about to slide down that big slide. Can he do it?” Then my cellphone vibrated. I reached for my phone and noticed two messages. I quickly read the messages, but nothing urgent. I decided to respond later. My grandson was observant. “Grammie, next time we come to the park, can you leave your phone at home?” Yes, and that is the world we live in. I use my phone to check the time and to take pictures at the park. Okay, and to check messages that can clearly wait until later.

In recent years, with the prevalence of cell phones and other digital distractions at our fingertips, research has shown that “technoference” can negatively affect the quality of time we spend with others, including our children.

Technoference creates minor everyday intrusions and interruptions. It’s caused by the attention paid to personal technological devices during interpersonal communication and daily activities with our family members.

Technoference can happen at the park, while we are making dinner, helping with homework, or going for a walk. Have you ever gotten annoyed by a text, a YouTube clip, or a Facebook post and misdirected your frustration toward your child who needed something at that moment? Technoference is what happens when we only hear part of what our spouse or child is saying and nod in agreement without realizing what we agreed to.

Although technology has many positive uses and can help us stay connected with others when we are not together, it is important to consider limits, in particular when it distracts us from being present when we are together.

Here are some tips to avoid the negative aspects of technoference:

- Become aware of your cellphone and other personal technology use. How much is too much? What we do not recognize, we cannot adjust.
- Create technology-free times or zones in the house. For example, no technology at dinner or in a child’s bedroom.
- Develop mindful practices. Put your phone down or away while playing with or reading to your child. Be present for their physical and emotional presence and needs.
- Model healthy communication that does not include technology. Have conversations that include eye contact and conversational skills like listening and pausing before responding.
- Engage in activities that use all the senses like baking, biking in the neighborhood, or exploring a nature trail. Beware of technology pitfalls: When baking, print or write out the recipe so you don’t need the digital tutorial and can put the phone away. If you take your phone for safety reasons while biking in nature, leave it in the backpack.
- Don’t try to change everything at once. Create a reasonable adjustment of technology use and give yourself and your children permission to do this as well, and to have off days.

To read the full content of this blog, or other CHKD blogs, visit: CHKD.org/Blog/Birth–Beyond-Parenting/

For more information, ratings, and reviews of digital media, visit CommonSenseMedia.org