Session Information

Heroes | Self-care Compassion Fatigue: Celebrating You! Pampering yourself
M. Ann Thomas, LCSW, President/CEO - The Children’s Place

“Burnout is nature’s way of telling you, you’ve been going through the motions but your soul has departed” - Sam Keen

When you wake up in the morning are you eager to get ready for work? Do you dread Sunday nights? These might be signals that it is time to recharge your spirit and passion for teaching. This workshop will demonstrate the difference between stress and burnout, provide cues to recognizing burnout in yourself and colleagues and learn ways to create a more enriching work environment. With the help of our friends at Sesame Street, you will learn some strategies for soothing stress and caring for yourself so you can be the best teacher you have dreamed of being!

Helping | Using Picture Books to Cope with Anxiety & Big Feelings
April Roy, Director of Employee Success - Kansas City Public Library
Molly Doroba, Early Learning Librarian - Kansas City Public Library

Faced with a global pandemic and a national social justice movement this past year and a half, children were thrown into a disarray of new emotions and endless unknowns. To help our children cope with these big, sometimes scary feelings, we can turn to numerous quality picture books focused on social and emotional health.

Healing | When Trauma Meets Trauma in the Classroom
Mel Tinjaca-Tucker, Ph.D. - President/CEO Childhood Today

The Adverse Childhood Experiences (ACEs, 1995-1997) research clarified the extent (67%) of early trauma among typical, mostly Caucasian-Americans. Add other sources of trauma not measured in the original study, and chances are high that students and teachers, who have early trauma in common, will collide within the four walls of their classrooms.

Participants will engage in discussion regarding the impact of life in the midst of a pandemic and the impact it has had on social-emotional development in both negative and positive ways. Participants will discuss strategies for creating environments for early-learners that intentionally focus on supporting and fostering social-emotional development in the classroom as well as partnering with parents to support development within the home.
Moving Forward | What’s next? What have kids missed out on learning (social-emotional) these past 15 months?

Dr. Sarah Birk, Principal- Liberty Early Childhood Center

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Schedule Listings (Select One Choice Per Session)

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