

# Helping Children Thrive during Stressful Times

Our level of Resilience is something we have all had tested - so how can we foster this spirit in early childhood curriculums?

What are the Benefits of this series;

Gain insight & affirm practice for strategies to use when Building Resilience in Others

## **PART 1 Facilitating Safe Environments**

- Building an optimistic mindset in children to grow coping strategies
  - Balancing challenging experiences & facilitating success
- Growing through disappointment & strategies to guide self reflection

## **PART 2 The Impact of Social Media on children**

- How to help children navigate strong & sometimes uncomfortable emotions to have a voice through a play based curriculum

## **PART 3 Collaboration with Community**

- Strategies to assist families with parenting challenges in our present time & Connection during social distancing

## **PART 4 There is an I in Team**

- Neuroscience of fear & Nurturing a positive mindset for everyone
  - Re-regulation and self-care to be present

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