

# Kids Have Stress Too!®

An interactive training workshop from The Psychology Foundation of Canada for professionals who work with families and children in early learning and care environments.



## Did you know?

- stress can affect children's physical, emotional, social and intellectual well-being
- children experience everyday stress in a different way than adults
- extreme stress can have a negative effect on brain development in very young children.

The **Kids Have Stress Too!** (KHST!®) program is based on evidence that with help, young children can learn practical strategies to relieve stress, and effective ways to respond to stressful situations. By learning to cope with life's ups and downs, children develop healthy strategies that help them to adapt, self-regulate, be resourceful, feel competent and become more resilient.

By participating in an interactive KHST!® workshop, participants will:

- learn how to recognize stress in children
- identify the key role relationships with parents and caregivers play in helping children learn to manage stress
- practice age-appropriate stress-management techniques that help teach children to relax and become more resilient
- learn effective ways to promote positive emotional development and self-regulation in young children.

As well as the workshop, participants also receive:

- a 100 page, full-colour manual, containing background research, implementation tips and strategies
- access to follow-up support and training tools
- a workshop certificate
- attractive, practical, evidence-based material to share with parents.

**Date:** Saturday October 24, 2015

**Time:** 9:30 am– 4:30 pm

**Cost:** \$40.00 (includes lunch and a manual)

**Location:** New Westminster Children's Centre  
Simcoe Park Building, 811 Royal Avenue  
New Westminster, BC V3M 1K1

**To register, please contact:** The YMCA Child Care Resource and Referral at 604-931-3400

**Deadline to register:** September 8, 2015

**Payment must be received to confirm registration.**

**Due to the cost of the workshop materials, refunds will only be issued to registrants who provide 14 business days notice of withdrawal. All withdrawals are subject to a \$5.00 administration fee, regardless of notification given.**

*Funding for this training is being provided by the City of New Westminster and registration is limited to those working with children and families in New Westminster early learning and care environments.*



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