

## **NOVEMBER IS FAMILY VIOLENCE PREVENTION MONTH**

As a means of enhancing greater awareness of Family Violence Prevention, ARCQE is offering individual and/or group discounts to the following workshops booked prior to December 15<sup>th</sup>... (Workshops do not have to be attended before December 15<sup>th</sup>, but in order to qualify for reduced rates, just be scheduled and paid for prior to the above date.) We hope all of you will take advantage of this opportunity to raise staff awareness on these important topics which can also serve as valuable evidence for accreditation portfolios.

### **ARCQE WORKSHOPS RELATING TO FAMILY VIOLENCE PREVENTION:**

#### **HANDLE WITH CARE**

The "Handle with Care" practitioner workshop is designed to help participants develop a mental health promotion mindset in their child care work and assist them in implementing appropriate strategies in the child care setting. The focus is on: 1) Creating a mental health promotion mindset 2) Understanding how social-emotional development, family and community connections and practitioner well-being are important contributors to promoting children's mental health. 3) Linking new information with familiar information 4) recognizing positive practices as well as challenges and barriers 5) adapting mental health promotion practices to particular community and centre situations encountered by practitioners.

**Relates to Accreditation Standards: 1, 2, 3, 4 and 5**

#### **SHAKEN BABY SYNDROME PREVENTION**

This resource was developed to educate professionals and volunteers and assist them as they educate others about crying, Shaken Baby Syndrome and prevention strategies.

**Relates to Accreditation Standards: 1, 4 and 8**

#### **BUILDING RESILIENCY IN YOUNG CHILDREN - RIRO: REACHING IN, REACHING OUT**

RIRO is designed to reach young children from birth to seven years, RIRO works by laying a strong foundation of thinking and coping skills that support resilience in the adults who care for and work with them. RIRO teaches "3Rs of Resilience" – skills to help Relax, Reflect and Respond effectively to life's challenges. The resiliency skills help adults and children develop several critical abilities associated with resilience:

Being in charge of our emotions controlling our impulses analyzing the cause of problems empathizing with others believing in our competence maintaining realistic optimism reaching out to others and opportunities. RIRO training gives professionals skills and theory to support a relationship-based reflective practice and provides a framework for creating a "culture of resilience" in programs serving young children.

### How RIRO training is delivered:

Consisting of 12 hours of content in two or four parts, the program is flexible and can be successfully delivered through a series of modules designed to meet local needs.

**Part 1** helps adults build their own foundation of the critical resiliency abilities described above. Participants learn resiliency skills they can model with children and families.

Specifically, they learn to:

- Identify and strengthen critical abilities associated with resilience
- Use strategies to stay calm and focused in stressful times
- Identify how their thoughts can affect their ability to cope with stress and challenges
- Challenge thinking habits that hinder resilience
- Generate alternative ways to handle conflict, problems and stress.

**Part 2** of the program, participants learn to apply the skills with children. They learn to:

- Model the skills and foster resilience in the children around them
- Use their own resiliency skills to increase their understanding of children's behavior
- Incorporate resiliency skills into their work setting by using child-friendly approaches such as children's literature, puppets, and play-based activities.
- Based on RIRO's formal testing of training delivery models, the 12 hours of program content can be successfully delivered in 2 full days, 4 half-days, 6 after-work sessions, and 10-12 brief sessions (suitable for lunch breaks, children's sleep periods, ect)

**Relates to Accreditation Standards: Child Care 2 and 3**

### **SAVE \$50.00 ON YOUR NEXT SITE SPECIFIC WORKSHOP!!!**



**This entitles the bearer of this coupon a \$50.00 discount off any of the above workshops when booked as a site specific in-service for large or small group presentations.**

**To redeem this discount, any of the above workshops must be confirmed and paid in full prior to December 15<sup>th</sup>, 2010. Workshops however may be delivered anytime up until March 31<sup>st</sup>, 2010**