



Helping Children Cope with Crises & Helping Caregivers Recover

September 18th, 2019, 9am – 2:30 pm
Dodge County Extension office
1206 West 23rd Street
Fremont, NE 68025

Helping Children Cope with Crises 9am-12pm

Children cope differently to crises than adults as they lack the life experiences and skills to make meaning of the event without support from caregivers and the community. But getting back to the classroom and regular programming with their peers and trusted adults is one the most important elements in promoting children's healthy recovery. Learn how trauma effects children, children's common reactions to crises and best practices to facilitate their short- and long-term emotional recovery.

The course learning objectives are as follows:

- Understand & identify common stress reactions in children
- Learn basic responses & practices that can help children cope
- Understand basic principles of Psychological First Aid

Helping Caregivers Recover: Self-Care 12:30-2:30pm

Children take cues on how to respond to an emergency from their teachers and caregivers, yet often times these care providers are personally affected by the crisis themselves, forcing them to juggle the many responsibilities as stress levels go up. In this training, learn about and discuss methods for caring for yourself as a caregiver so you can effectively support the recovery of the children and families you serve. Identify types of stress, stress coping techniques and discuss local support systems and resources.

The course learning objectives are as follows:

- Identify symptoms of stress in adults
- Understand and prioritize healthy self-care practices
- Consider how they can contribute to a culture of self-care in a recovery setting.

REGISTRATION:

Please register using the following link: <https://www.surveymonkey.com/r/LNKM6NZ>

Light refreshments and snacks will be available throughout the day and lunch will be served on site to all participants. Financial assistance available for travel needs upon request during registration.

If you have any questions leading up to the event, please contact Aren Koenig: akoenig@savechildren.org or (660)251-1359.