HANDLE WITH CARE
Promoting Mental Health in Young Children

Date:  September 24, 2016
Location:  NSCC, Truro Campus
(36 Arthur St.)
***Salon C Cafeteria***

Registration:  8:30am—9:00am
Time:  9:00am—4:00pm (Snack and lunch provided)
Cost:  $132.25 (tax included)

Preregistration required—submit ECDSC registration form along with payment by September 16, 2016

***6 PD Hours***

**Building Block 1 Building Trust and Attachments**
This will give you a new insight in how to build trust with the children in your care through everyday interactions you do now or can do in the future. It will also become clear to you the importance of trust and a secure attachment in children's overall development and how it is a foundation for all future relationships.

**Building Block 2 Expressing Emotions**
This block explores ideas around how to support healthy self-esteem and feelings of self-worth in the children you work with and your own as you grow in confidence as an Educator with new understanding, skills, and techniques to aid you in supporting and challenging your children to be all they are meant to be.

Handle with Care is a set of simple interactive strategies to support parents, caregivers, educators and public health professionals in promoting social and emotional development in young children. Using evidence-based approaches, the program supports mental health in four building blocks, building trust and attachments, building self-esteem, expressing emotions, and building relationships; each building upon the other. The program offers a new paradigm for positive everyday interactions, healthy emotional environments, stronger relationships and community connections.