


**WELCOME!**

**Agenda for today 😊**

- Check-in
- Reality of parents
- Relationships, environments & the developing brain
- Making sense of behaviour
- Using Bruce Perry's 3 R's model to support families
- Joyful programming to increase protective factors & build resilience
- Resources

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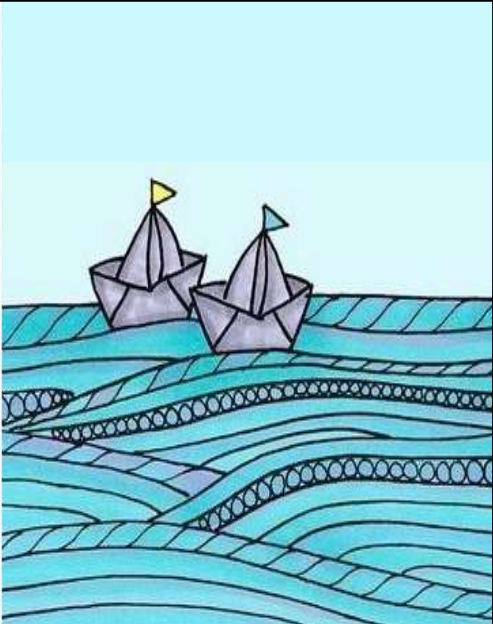
## Reality of Parents

- Parenting without their village & without regular supports & resources
- Increased parental workload & demands
- Unpredictable & fluctuating health & social contexts
- Increased use of screens
- Mental health impacts

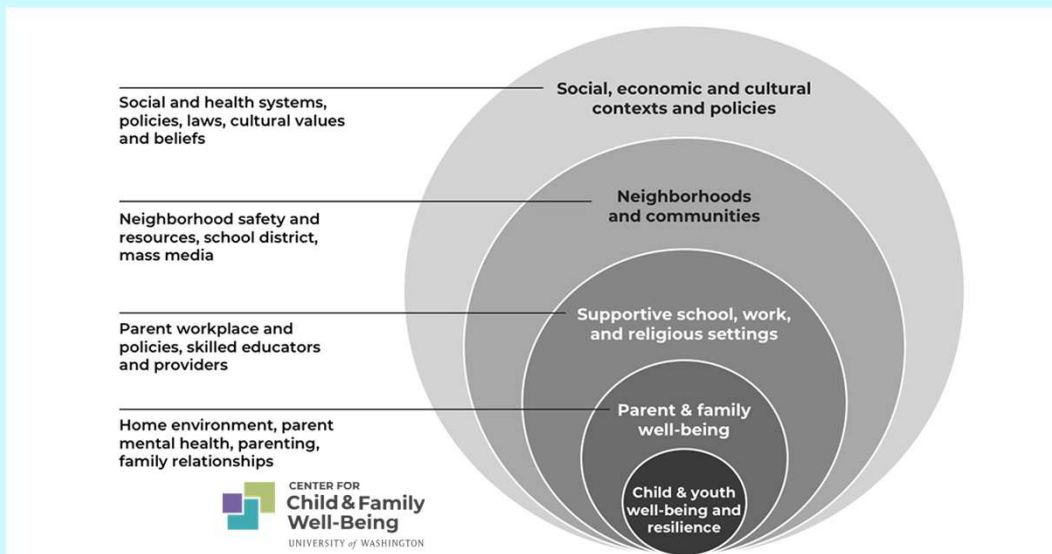
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'The well-being of children is inseparable from the well-being of all the critical adults in their lives.'

DR. STUART SHANKER  
@GATHERANDPLAYAU



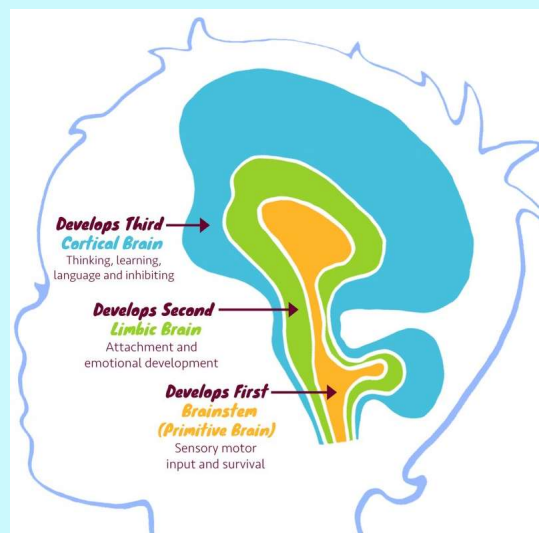
## How children's relationships & environment interact to help them thrive



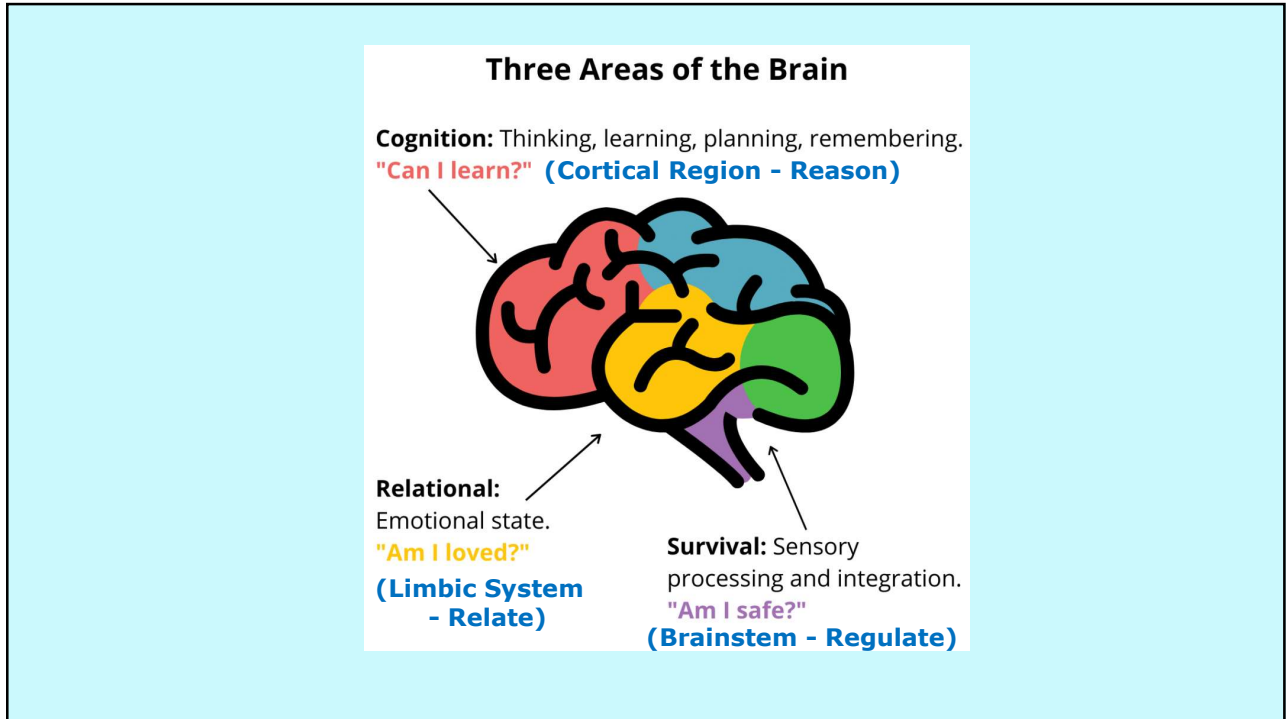
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## How the brain develops and responds...

The brain develops from the bottom up

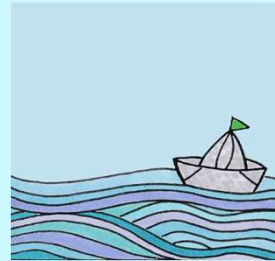


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## Step 1: Regulate - Survival Brain

- Welcoming faces & spaces
- Attunement & co-regulation
- Clear expectations
- Predictable routines, rhythms, & environments
- Rich sensory & movement experiences



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## Step 2: Relate – Feeling Brain

- Supportive presence
- Non-judgmental, curiosity
- Holding space / Being with
- Listening without fixing / validating
- Encouragement
- Noticing strengths



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## Step 3: Reason – Thinking Brain

- Modelling
- Parent coaching, education & resource sharing
- Noticing & communicating children's feelings, thinking & learning
- Helping parents make sense of children's behavior
- Reparative strategies



## Uplifts to build resilience

Connecting values to daily experiences

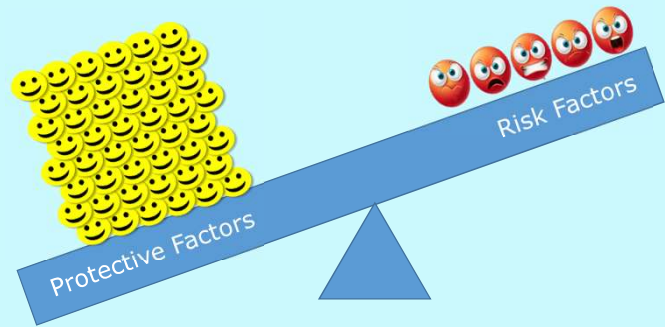
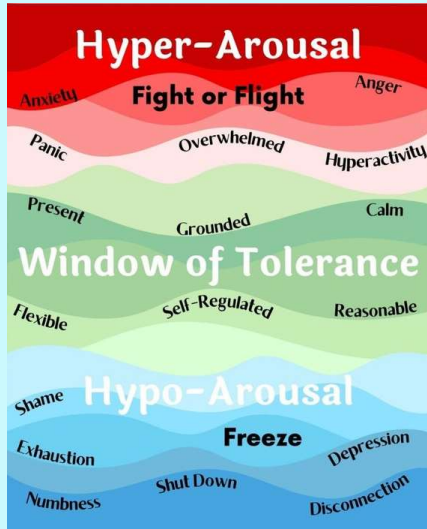
Community building + opportunities to contribute

Joyful Play Experiences & Hope

Supporting attuned parent-child relationships

Sense of purpose & *just right* challenges

# Expanding our Window of Tolerance & Stress Busting with Joyful Experiences



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## Brain Calming Activities

Thanks to Dr Bruce Perry & his Neurosequential Model of Therapeutics

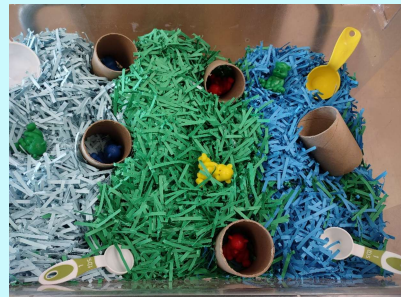
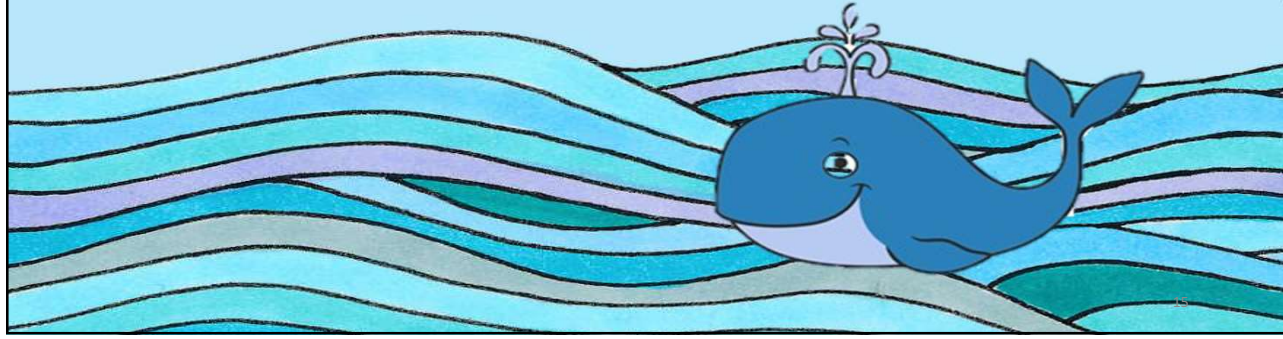


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# Joyful Activity Ideas for EarlyON

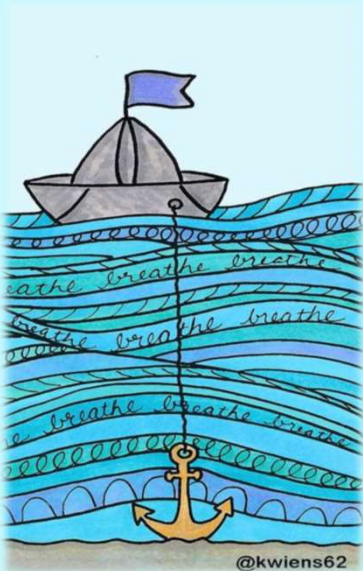
What joyful programming ideas can you share?







## Protective factors to strengthen families



- Parental resilience – stress buffers for adults
- Social connections with peers
- Concrete support in times of need
- Supporting parents to learn about child development
- Positive experiences for children to build social emotional skills

Adapted from Strengthening Families Georgia -Protective Factors Infographic

## Resources

- Video: The Cups, Pitchers, and the Wells: The Path of Resilience  
[https://youtu.be/CrdYIU\\_XW20](https://youtu.be/CrdYIU_XW20)
- People Connect – Mental Health Resource Centre  
<https://www.college-ece.ca/members/resources/>
- City of Ottawa Community Mental Health Resources  
[https://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/mental\\_health\\_resource\\_guide\\_en.pdf](https://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/mental_health_resource_guide_en.pdf)
- [www.counsellingconnect.org](http://www.counsellingconnect.org) Free Counselling – book online
- <https://www.firstwords.ca/communication-checkup>
- CHEO Access Team at 613-737-2757
- Crossroad's Children's Mental Health Centre 613-723-1623
- Centre Psychosocial (French services) 613-789-2240
- Ottawa Public Health 613-Parents

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Thanks for  
participating  
today!

