



Building the foundation for  
**playful, healthful, hopeful**  
living for children, families, and communities.

## Healthy Babies, Healthy Children, Healthy Life: A Symposium: Now Online!



In September, we hosted [Healthy Babies, Healthy Children, Healthy Life: A Symposium](#) in partnership with Healthy Mothers, Healthy Babies Coalition of Palm Beach County.

Featuring Dr. Veronique Mead and Dr. Eugenia Millender, the symposium covered epigenetics and the intergenerational transmission of ACEs; opportunities to prevent, repair and heal the effects of Adverse Babyhood Experiences (ABEs); and the impact of Positive and Adverse Childhood Experiences (PACEs) on developing brains, resilience, and lifelong health.

### **DID YOU MISS IT? DON'T WORRY!**

Access to the symposium is now available through our online learning portal. For just \$60, you will have unlimited access to all content for 30 days. Or, you may choose to purchase individual segments. CEUs are available. Click the button below for more information.

Thank you to [AmeriHealth Caritas Florida](#) for sponsoring this important symposium.

[Learn More](#)

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## Creating a Calm Down Corner - Live, Free Workshop Tomorrow!



A calm down corner is a designated space in a home or classroom which is designed with the sole intention of being a safe space for a child to go to when they feel their emotions are running too high and they need to regain their emotional and physical control.

A calm down corner is equipped with comforting objects and soothing materials that can promote mindfulness, breathing, and reflection.

Join us for a fun and creative training that will help you better understand children and equip them to regulate their emotions and feel secure in their environments.

[Learn More](#)

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## Managing BIG Emotions and Behaviors



Managing big emotions can be challenging, even for adults – we might manage in most moments, but that resilience has taken years to build and develop. You can probably think of some recent situations where strong, overwhelming feelings were difficult to express or calm.

Watch the video below for tips and strategies that work for helping children self-regulate manage their emotions:



[Learn More](#)

## Free Resources: A Way of Being with Children



**A Way of Being with Children is the foundation of our work and the cornerstone philosophy of our approach.**

In addition to the manual, we have developed an array of "A Way of Being with Children" online workshops, videos, and tip sheets with practical information, skills, strategies, and activities for teachers, parents, and other adult caregivers:

- About [A Way of Being with Children](#)
- Watch [A Way of Being Videos](#)
- Download free [A Way of Being Tip Sheets](#)
- Register for [A Way of Being Workshops](#)

**Free for Palm Beach County Teachers, Parents, and Caregivers!**

[Learn More](#)

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We are grateful to [Children's Services of Palm Beach County](#), [Florida Blue Foundation](#), and [Early Learning Coalition of Palm Beach County](#) for supporting *A Way of Being with Children*.

**The online training and workshops are FREE for childcare centers and public schools in Palm Beach County.**

[Explore Resources Here](#)

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