

Parents as Partners Conference

Workshop Session: A12

Room: 204B

Supporting Kids with Stress: Parent Perspectives

Model Schools for Inner Cities (MSIC)

Children's mental health concerns are on the rise. For that reason, it is important for parents to gain knowledge on how to best understand stress in children. As part of this workshop, parents will be offered information on some of the reasons children experience stress in their daily lives, as well as resources to support that reality. In addition, this session will offer parents tips and tricks to support their children in dealing with stress. The benefits of this workshop may include: providing parents tools they may offer their children to better navigate stressful scenarios and environments; discussing breathing and mindfulness techniques, which may help to ease stress in children; parents will learn how stress may manifest itself differently in their children. Resources will be provided on the day of the workshop.

Sheena Hashimand

Parent

Sheena is a parent to TDSB students. She is a member of Learning Centre 3 Model Schools Parent Academy and is happy to share what she is learning about supporting kids in dealing with stress.

Marsha Tredwell

Parent

Marsha is a parent to TDSB students in Learning Centre 3. She is a member of the Model Schools Parent Academy. She offers a parent perspective on supporting children's mental health and well-being.

Heather James

Public Health Nurse - City of Toronto

Email: hjames@toronto.ca

Heather is a Public Health Nurse who works in partnership with the Toronto District School board. She is supporting the MSIC Parent Academy and how parents can help their children deal with stress.