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# ROCK EARLY YEARS

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## An Education Guide for Parents, Caregivers and Service Providers **2024**



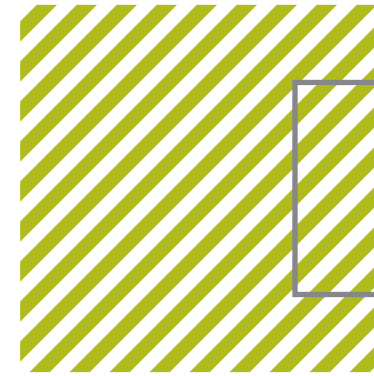
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## WELCOME TO ROCK Early Years

The ROCK Early Years Education Guide provides groups and presentations for parents, caregivers, and service providers, which have been developed and chosen in partnership with community feedback and interests of those we serve in Halton.

In addition to these offerings, ROCK Early Years programs and services provide EarlyON Family & Child Centre programs, consultation and single sessions for families looking for further supports. Together, ROCK, parents, caregivers, and service providers can focus on family capacity-building, assistance in navigating pathways to care, and increase their learning about mental health promotion, prevention and intervention strategies and services for children birth to 8 years old, (including families with children accessing before and after-school programs 4-12 years).

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### CONTACT

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**EARLY YEARS FAMILY SERVICES REGISTRATION**  
[www.rockonline.ca/eventregistration](http://www.rockonline.ca/eventregistration)

**SERVICE PROVIDERS REGISTRATION**  
[www.rockonline.ca/eventregistration](http://www.rockonline.ca/eventregistration)



# EARLY YEARS PRESENTATIONS

FOR PARENTS, CAREGIVERS & SERVICE PROVIDERS

# 01



## **Anxiety in the Early Years**

This presentation serves as an introductory guide to understanding children's anxiety and its indicators. It provides practical strategies for fostering resilience and alleviating stress and anxiety in children. Participants will gain insights into fundamental coping techniques tailored to address stress and anxious behaviours within a child's familiar surroundings.

*Recommended for those caring and supporting children aged 0-6 years.*

## **Changing Families**

This presentation aims to effectively support children through challenging situations like separation, divorce, grief, loss, and the transition. Facilitators will investigate the 4 C's (communication, consistency, connection, and coping) and provide guidance on navigating difficult conversations with children. Strategies such as empathetic engagement with a child's emotions and the promotion of positive coping mechanisms.

*Recommended for those caring and supporting children aged 0-12 years.*

## **Early Foundations: Exploring the Importance of Relationship & Connection**

This presentation will cover what attachment really means, the myths of attachment, and why a child's relationship with their caregiver is so important. Parents and caregivers may learn new ways to understand attachment and a different way to view their relationship with their child. This presentation can be a stepping stone for further services provided through ROCK Services and ROCK EarlyON for parents and caregivers who are curious about this topic, but unsure about taking the next step to build on this area in their own relationship with their child.

*Recommended for those caring and supporting children aged 0-6 years.*

## **Emotion-Coaching**

This presentation will deepen participants' knowledge of a child's emotional development and equip them with strategies for responding when emotions become overwhelming. Strategies will include validation, acknowledgment, and effectively identifying both significant and subtle emotions. Participants will gain insight into the child's experience of navigating these feelings and recognize their role of supporting emotional development.

*Recommended for those caring and supporting children aged 0-8 years.*

## **Growing Together: A Journey into Infant Development**

This presentation will offer participants an understanding of developmental milestones and the early stages of growth. Through discussions, practical insights, and evidence-based approaches, facilitators aim to equip participants with the knowledge and tools to foster a supportive and enriching environment for infants. This collaborative learning session, will contribute to the collective journey of understanding the unique developmental pathways of infants.

*Recommended for those caring and supporting children aged 0-16-months.*

## **Infant & Early Years Mental Health**

This presentation serves as an introductory overview of infant and early years mental health, concentrating on children from birth to six years old. Facilitators will investigate the significance of nurturing close relationships, guiding participants on effectively managing and expressing emotions, and offering insights into supporting exploration within a child's environment.

*Recommended for those caring and supporting children aged 0-6 years.*

“ Every child deserves a champion – an adult who will never give up on them, who understands the power of connection, and insists that they become the best that they can possibly be. - Rita Pierson ”

### **Mind Your Mind - Mindfulness for Caregivers**

An empowering and interactive presentation offering practical tools and techniques rooted in mindfulness to enhance overall mental health. Through a combination of guided activities, discussions, and shared experiences, participants will dive into the transformative benefits of mindfulness practices. This peer-led support presentation provides a supportive space cultivating mindfulness skill and build a community of well-being.

*Recommended for those caring and supporting children aged 0-8 years. \*Babes in arms and child minding is available for children 12-months to 6 years.*

### **Navigating ADHD in Early Childhood**

This presentation aims to establish a foundational understanding of ADHD. Facilitators will introduce participants to a tiered approach to classroom and/or home management strategies for supporting social skills. This presentation emphasizes the significance of monitoring symptoms and emotions, dispel myths surrounding ADHD, and offer guidance on navigating challenging behaviours.

*Recommended for those caring and supporting children aged 0-12 years.*

### **Personal Power**

This presentation is designed to promote participants' awareness of both physical and mental health, emphasizing the importance of self-care and its benefits. Strategies will be provided, including fostering positive self-talk, establishing personal and professional boundaries, and enhancing interpersonal communication skills. Facilitators will guide participants in understanding their window of tolerance and identifying early signs of burnout.

*Recommended for those caring and supporting children aged 0-6 yrs. \*Babes in arms and child minding is available for children 12-months to 6 years.*

### **Redefining Labels**

This presentation will focus broadening the understanding of a child beyond “labelling” their actions or diagnosis. Facilitators and participants will look at reframing a child’s behaviour by using a strength-based approach and redefining how best they can support a child, beyond the identifying behaviours. Strategies will focus on identifying what is underlying behaviour.

*Recommended for those caring and supporting children aged 0-6 years.*

### **Self-Regulation in the Early Years**

This presentation aims to enhance participants' capacity to assist children in promoting self-regulation skills through the practice of co-regulation. It will provide a toolbox of steps focused on supporting self-regulation rather than self-control, emphasizing the significance of building strong relationships. Engaging discussions and reflections on how the presented information can positively impact and enhance existing caregiver-child relationships will be encouraged.

*Recommended for those caring and supporting children aged 0-8 years.*

### **Stress and the Impact on Infant & Early Years Mental Health**

This presentation digs into the complex connection between stress and the mental health in infancy and early years. Facilitators will provide a comprehensive understanding of stressors impacting children in their formative years. Discover effective strategies supporting these stressors, focus on building secure relationships and applying coping mechanisms to alleviate pressure and anxiety.

*Recommended for those caring and supporting children aged 0-6 years.*







### **Stress and the Impact on Children's Mental Health**

This presentation will center on comprehending stress and its impact on young children. Facilitators will provide strategies to address stressors commonly experienced by young children, including separation, academic challenges, and social pressures. Participants will gain insights into establishing secure relationships and acquiring coping strategies to alleviate pressure and anxiety.

*Recommended for those with children 0-12 years.*

### **Supporting Transitions**

This presentation aims to enhance participants' skills in supporting children through transitions by implementing a children's mental health approach that prioritizes emotional well-being during periods of change. Facilitators will foster group discussions on effectively supporting children's emotional resilience during both significant and minor transitions throughout their early years.

*Recommended for those caring and supporting children aged 0-8 years.*

### **Transition to School**

This presentation will focus on school entry preparation, whether it's childcare or elementary school, facilitators will build on the participants ability to support their child's transition. Facilitators will discuss strategies for planning and preparing for a smooth transition and co-regulating through emotions and separation anxieties.

*Recommended for those caring and supporting children 0-4 years.*

### **Understanding Trauma: Nurturing Safe Foundations in Early Years**

In this presentation, participants will learn about Adverse Childhood Experiences (ACES) and how these impact emotions, behaviours, and overall presentations. Participants will also learn about the different forms of trauma and how these influence day to day functioning. Facilitators will explore how looking through a trauma lens can help caregivers to understand sometimes puzzling behaviour and how trauma-informed strategies can help children move forward with more positivity and success within their daily environments.

*Recommended for those caring and supporting children 0-8 years.*

### **Well-Being and Outdoor Play in the Early Years**

ROCK Early Childhood Educators and Forest School Practitioners will share the benefits of, and how to support your child(ren) during their outdoor play experiences. Together, participants will learn about the holistic (physical, mental, emotional and social) health benefits of being outside and discuss what risky play is, and its contribution to a child's overall well-being.

*Recommended for those caring and supporting children 0-6 years.*





# EARLY YEARS GROUPS

FOR PARENTS, CAREGIVERS & SERVICE PROVIDERS

02

“

*See a child differently, you see a different child.* - Dr. Stuart Shanker

”

## Brave Pathfinders

This supportive group will navigate the complexities of ambiguous loss or currently dealing with the impact of loss. The primary goal is to foster connections among peers who share similar experiences of grief. Through open dialogue and shared understanding, participants will explore the intricacies of grief and emotions. Facilitators aim to empower participants, and fostering resiliency and developing essential coping skills. The group will embark on a journey towards embracing a “new normal” and learning how to navigate and adjust to life’s inevitable changes. Join us as we provide a safe space for healing, growth, and mutual support.

*The group runs for 6 weeks and is recommended for children 8-12 years old.*

*Referral is made through: Access & System Navigation.*

## Circle of Security Parenting

The Circle of Security Parenting program (COSP) is based on decades of research about how secure parent-child relationships can be supported and strengthened. This group will reflect upon their child’s attachment needs in order to promote secure attachment, while learning about the founding principles that underlie the Circle of Security models of intervention. Participants will be introduced to the COSP model of understanding, supporting, enhancing and honoring their child.

*The group runs for 8 weeks and is recommended for those caring for children 0-6 years.*

*Referral is made through: Access & System Navigation.*

## Circle of Security for Dads

The Circle of Security Parenting program (COSP) is based on decades of research about how secure parent-child relationships can be supported and strengthened. This group specifically for dads and male caregivers will reflect upon their child’s attachment needs in order to promote secure attachment, while learning about the founding principles that underlie the Circle of Security models of intervention. Dads and male caregivers will be introduced to the COSP model of understanding, supporting, enhancing and honoring their child.

*The group runs for 8 weeks and is recommended for those caring for children 0-6 years.*

*Referral is made through: Access & System Navigation.*

## Cool Little Kids

This is an evidence based cognitive behavioural therapy program originally developed by Professor Ron Rapee at the Centre for Emotional Health, Macquarie University Sydney. Cool Little Kids aims to increase the confidence of young children and reduce anxiety. Strategies offered: insight into why a child is shy, the links between shyness and anxiety, and how to prevent anxiety problems. Participants will learn practical skills when their child is worried or scared and how to encourage their bravery and to reduce strategies that may be unhelpful during those times.

*The group runs for 6 weeks and is recommended for those caring for children 0-12 years.*

*Referral is made through: Access & System Navigation.*





“ *Young children experience their world as an environment of relationships, which affect virtually all aspects of their development.*  
- How Does Learning Happen, page 24 ”

### **Early Years Advanced Caregiving**

This is a psycho-educational group focusing on prevention and early intervention, It was developed to support parents and caregivers in learning advanced skills for supporting their loved one with their mental health. Strategies offered: Facilitators will introduce mental health recovery principles, Emotion Coaching, Validation and Behaviour Coaching skills.

*The group runs for 4 weeks and is recommended for those caring for children 0-8 years.*

*Referral is made through: Access & System Navigation.*

### **Watch, Wait, & Wonder**

This group is based on observing a child's play; the child initiates the play and the parent is encouraged to follow their lead. By learning to watch and not intervene, parents should become more attuned and sensitive to their child's communication. This allows a new rhythm to develop in the attachment relationship and often facilitates a beneficial 'shift' in the parent-child relationship. A unique feature of the approach is the use of infant-led play sessions in which caregivers are encouraged to observe their infants and allow them to initiate activities.

*The group runs for 4 weeks and is recommended for those caring for children 0-3 years.*

*Referral is made through: Access & System Navigation.*

### **\*\*PLEASE NOTE\*\***

For Early Years presentations, duplicates of the presentation slides will not be provided. However, a summary of strategies and resources can be available upon request.



# 2024 REGISTRATION

FOR PARENTS, CAREGIVERS & SERVICE PROVIDERS

# 03



## Register on Bookwhen for Parents & Caregivers

[www.rockonline.ca/eventregistration](http://www.rockonline.ca/eventregistration)

Thursday, February 8	6:30-8:00pm	Changing Families	Virtual
Friday, March 1	11:00-1:00pm	Early Foundations: Exploring the Importance of Relationship & Connection	Virtual
Tuesday, April 16	7:00-8:30pm	Anxiety in the Early Years	Virtual
Tuesday, May 14	7:00-8:30pm	Self-Regulation in the Early Years	Virtual
Monday, June 17	1:30-3:00pm	Personal Power	In-Person
Wednesday, September 25	6:30-8:00pm	Supporting Transitions	Virtual
Wednesday, November 18	1:30-3:00pm	Mind Your Mind	In-Person



## Register on Bookwhen for Service Providers

[www.rockonline.ca/eventregistration](http://www.rockonline.ca/eventregistration)

Tuesday, February 20	6:00-7:30pm	Supporting Transitions	Virtual
Thursday, March 26	6:00-7:30pm	Infant & Early Years Mental Health	Virtual
Thursday, May 30	6:00-7:30pm	Changing Families	Virtual
Thursday, September 19	6:00-7:30pm	Navigating ADHD in Early Childhood	Virtual
Thursday, October 24	6:00-7:30pm	Anxiety in the Early Years	Virtual





## Register on KeyON

[www.keyon.ca](http://www.keyon.ca)

Wednesday, June 5	10:00-11:30am	Well-Being & Outdoor Play in the Early Years	Virtual
Wednesday, September 18	10:00-11:30am	Infant and Early Years Mental Health	Virtual
Wednesday, October 16	10:00-11:30am	Growing Together: A Journey into Infant Development for Parents	In-Person



## Register for Groups with Access & System Navigation

Call ROCK's Access Line at 289-266-0036, Monday-Friday, 9:00-5:00pm

6-Weeks	Check Social Media for Upcoming Dates				Brave Pathfinders	Virtual
8-Weeks	5:30-7:30pm Wed Jan 31 - Mar 27	5:30-7:30pm Wed Apr 10 - May 29	10:00-12:00pm Tues Sept 10 - Oct 29		Circle of Security Parenting	Virtual
8-Weeks	11:00-1:00pm Wed Jan 17 - Mar 6	12:00-1:30pm Tues May 7 - Jun 25			Circle of Security for Dads	Virtual
6-Weeks	6:00-8:00pm Tues Jan 16 - Mar 5	6:00-8:00pm Tues Apr 16 - Jun 4			Cool Little Kids	Virtual
4-Weeks	12:00-1:30pm Tues Jan 23 - Feb 13	12:00-1:30pm Fri Feb 16 - Mar 8	12:00-1:30pm Fri May 17 - Jun 7	12:00-1:30pm Fri Oct 11 - Nov 1	Early Years Advanced Caregiving	Virtual
4-Weeks	Check Social Media for Upcoming Dates				Wait, Watch and Wonder	Virtual



## Requesting a Presentation?

Visit the ROCK Community Request Page

[www.rockonline.ca/school-and-community-requests/](http://www.rockonline.ca/school-and-community-requests/)

