



Helping Children Cope with Disasters

Presentation for Teachers or Parents

In this presentation, Judy will use plain talk, empathy and analogies to discuss how children in all age groups, from babies to emerging adulthood, perceive disastrous events such as floods, tornadoes, hurricanes, earthquakes, and human induced tragedies. Judy will then outline concrete strategies for parents, teachers and caregivers to help the children in their care cope with their emotions and situations.

Your audience will:

- Explore the age old concept of "nature versus nurture" and the effect on brain development.
- Consider the influence of genes, fault lines, wiring and foundations and the effect of ACE (Adverse Childhood Experiences) on a child's development and well-being.
- Identify the three kinds of stress and the effect on the brain.
- Discover how parents and caregivers contribute to the "serve" and "return" interactions between parents and children.
- Review best parenting, teaching and care giving practices that build resiliency in the face of trauma and develop children's best potential.

Target Audience: Parents, teachers, caregivers and front-line healthcare and education professionals.

“Children are affected by natural disasters, but their level of understanding varies with their age and language ability. As parents and caregivers, we want to support them and encourage them to express their feelings and thoughts about the event.” - Judy Arnall

Judy Arnall, BA, DTM, CCFE is a professional international award-winning Parenting and Teacher Conference Speaker, and Certified Family Life Educator, Mom of five children, and author of the best-selling book, *Discipline Without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery* and the new DVD, *Plugged-In Parenting: Connecting with the digital generation for health, safety and love* as well as the new book, *The Last Word on Parenting Advice*. She also teaches parenting at The University of Calgary, and taught at Alberta Health Services for the past 13 years, and is an advice expert for Mothering.com, Today's Parent magazine, Postmedia news, The Globe and Mail, Global TV and CTV.
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