



• **Promoting Resilience in Young Children** •

Presenter: Cathy Siggins, M.Ed.

Target Audience: *Early childhood and early childhood special educators who work with children from infancy to five years of age.*

This two-part, live virtual workshop series will explore resiliency in early childhood and delve into strategies that can be used to strengthen young children’s resiliency. Each synchronous online session will be two hours in length.

The first session will focus on how to recognize the ways stress and anxiety can impact young children’s development and behavior, as well as how temperament, relationships, and routines all play a role in promoting resilience factors in young children. Participants will learn strategies that utilize their new learning, including how to adapt one’s responses to children using targeted teaching methods, as well as how to incorporate learning experiences that explicitly promote resilience.

Session two will focus on deepening our understanding of ways to build resiliency skills in young children through individualized strategies, foundational routines, and teaching practices. Participants will use shared resources and tools to design responsive learning experiences that promote children’s self-regulation, problem solving, and flexibility –skills that are the foundational components of resilience.

Cathy Siggins is an instructor in the VT-HEC Early Childhood Education Program. She was among the first graduates of this program back in 2007, achieving an initial teaching license in Early Childhood Special Education. Cathy then completed her Master’s in Curriculum and Instruction with UVM in 2009. Cathy has taught preschool in both public and private school settings and has held a variety of roles as an adult educator, including mentor, trainer, and college instructor.

Dates: December 1 and 8, 2020
Time: 1:30-3:30, 4 professional learning hours
Type: Live virtual webinar series
Cost: \$140

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