

# HiMama Helps Webinar

Leadership-based Teaching  
& Supporting Families



## Disclaimer

*This content **is not** personalized legal advice for your center. The goal is to have a conversation around the topic to inspire and give you ideas that you can implement at your centers.*

*Each State and Province has different licensing rules and regulations. **Please consult with your own legal and financial advisors before implementing something that you are not 100% sure about at your center.***

## What To Expect

- The session is recorded and will be available with the show notes and slides
- The certificates will also be made available at the end of the webinar
- Resources we talk about will also be linked with the show notes
- If you find that your connection isn't great
  - Refresh or reconnect to the session



## Your Hosts



**Ria Simon**  
RECE Specialist  
HiMama



**Kiah Price**  
Community Coordinator  
HiMama





# Our Special Guest



**Chazz Lewis**  
Teacher Changing the World



## Want to win \$500?!

- ❑ Upload your own, original photos of your COVID friendly classroom and tag @himamaapp  
- ❑ Head over to Facebook and click **FOLLOW**
- ❑ We'll be announcing the winner via Facebook Live on **Thursday, November 12th**



## Topics Covered

- Check your child's mental health
- Supporting parents
- Share your support tips

## Panelists

- Challenges with virtual learning
- Tips on supporting children
- Look into the future behavioural challenges
- Top tips for educators on supporting families



# I'm okay, are you okay?

- Seriously important to know where your child's mental health is
  - Looks different in children than adults
  - May not be able to express how they feel
- Children may act out with behaviour we've never seen before
- They physically be ill or show signs of illness





# Mental Health Tips

- Create a safe environment
  - Allow them to have control
  - Predictable routines
- Modeling behavior
  - Calm and ready to support their emotions
- Take time to assess the child
  - Create a time to allow children to express their emotions. "Worry time"



## Parents are stressed too

- Be open
  - Be a person parents can turn to
  - Offer facts
- May not have all the answers
  - Work on finding one together
- Take it one step at a time
  - We are all in this together



# What About You?

- In the chat:
  - **Tell us 1(or more) support tips for children and families**
  - Personal or work related
  - It can be anything!
  - Example: Giving them a call, or socially distanced with a grandparent.
    - Cori Berg did a virtual tea party with grandparents



## Our Special Guest



**Chazz Lewis**  
Teacher Changing the World

- Teach teachers!
- Enjoy the process of growth
- Building an active community to grow our ability to grow children
- Committed to helping parents and teachers



# Open Audience Questions

# Connect with Chazz

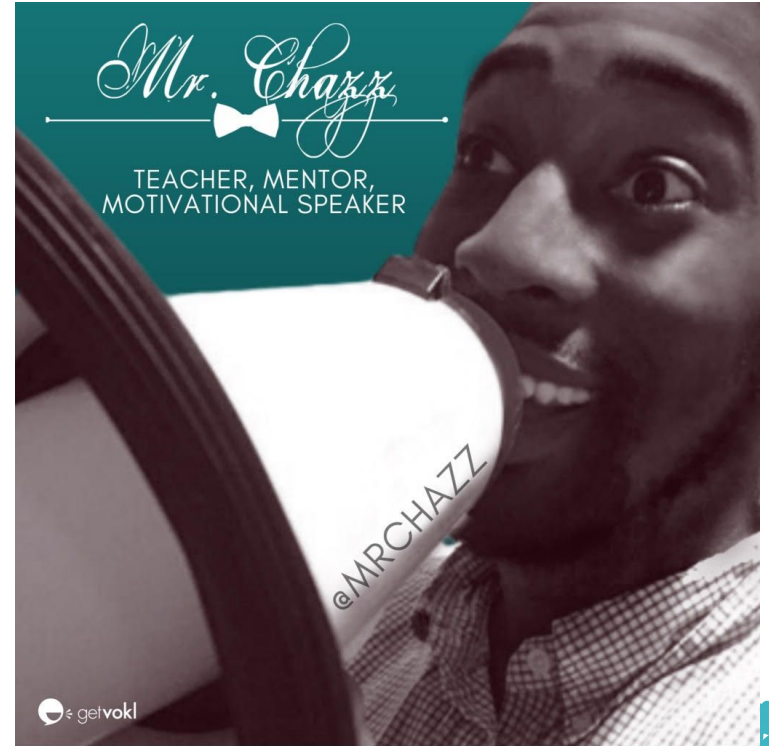
[Patreon](#)

[Podcasts](#) - Mr. Chazz's Leadership, Parenting and Teaching Podcast

[TikTok](#) - Tickteachtok

Instagram [@mrchazz](#)

[Facebook](#) - MrChazz MrChazz



**Shout-outs!**



# Certificate Instructions

1. **Please check your Inbox for an email from WebinarJam titled “Your Webinar Certificate”**
2. That email will include a link to the certificate for today’s session that you can download.
3. **You will need to fill in your name and center name information.** You can do this using a PDF form filler or print a copy and fill it out manually.
4. That’s it, you’re done!
5. If you miss it today, watch out for the Show Notes email tomorrow - we will be sending it out there as well.





# What's Next?

- **Show Notes & Recording** - You will receive an email linking to resources and this recording tomorrow!
- Our next session will be ***Building Relationships With Families (Pandemic Edition)*** happening next week at the same place and same time - **November 5th**



# Follow us on Social Media and Win \$500!

**himama**  
**New Normal Photo Contest**

**SNAP A PIC**  
Upload your own, original photo to your profile of your COVID friendly classroom and tag @himamaapp

**FOLLOW HIMAMA**  
Head over to **Facebook** and **follow** HiMama.

**WIN \$500**  
We will be announcing the winner via **Facebook Live** on Thursday, November 12th!

**Bonus:** comment below with some of your favorite social distancing tips and tricks and tag a friend!

- We want to see your socially distanced classrooms and activities!
- Winner announced on Facebook Live Nov. 12
- Tag and follow @himamaapp

**We are all in this  
together,  
stay Healthy and  
safe!**



**Thanks for spending  
your time with us!**