

HiMama Helps Webinar

Anxiety & Early Learning During COVID-19



Your Hosts



Kiah Price
Resident ECE



Carmen Choi
Community Specialist



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.***

Our Special Guest



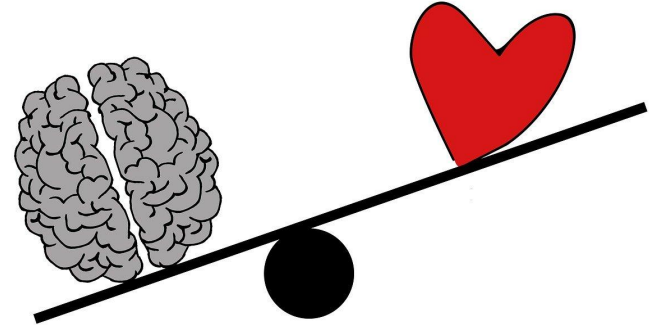
Lissarette Nisnevich
Early Educator

- TEDx speaker
- Child care entrepreneur
- Early educator
- Mother



Topics covered

- What is anxiety?
- 3 different perspectives of anxiety:
 - As a child care entrepreneur
 - As a parent
 - As an educator
- Tips on how to manage anxiety and support others.



Child Care Entrepreneur Perspective

- Key things you have in consideration when running a child care during COVID-19
- Managing anxiety as a leader in ECE
- Tips for supporting staff mental health during this challenging time



Parent Point of View

- Developmental regression during COVID-19
- Strategies for parents who are supporting their children's education at home
- Tips to support the decision to send children to child care.



The Educator Angle

- How to balance caring for children & families, and your own mental health?
- How can we identify stress and anxiety in young children?
- How can educators work more closely with families to create an environment that's fun and engaging?



Open Audience Questions

Shout-outs!



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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 **October 1st** and it will be all about **Building Your Center's Brand during COVID-19**.



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

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