

COMMUNITY CONNECTIONS



Opportunities for Education, Engagement, and Action

May to August | 2025



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Featured Virtual Presentations

Understanding Developmental Challenges and Sensory Integration

Virtual two-part series for parents and professionals:



Part 1 - Developmental Challenges: How Do You Know? What Can You Do? Wednesday, May 7, 6:30-7:30 p.m.

Are you concerned about the development of your child or student? Learn to recognize signs of developmental delays and atypical development and how to help children reach their fullest potential.



Presenter: Dr. Janice Keener earned her doctorate from Pepperdine University and did her postdoctoral training at Children's Hospital of Orange County. She has extensive training in the assessment of autism spectrum disorder. Her research and clinical interests include pediatric health psychology, early childhood assessment, consultation and liaison, and autism spectrum disorder. Dr. Keener is certified in the treatment of Tourette syndrome, and she provides assessment and psychotherapy in Spanish and English.

Register [Here](#) or
Scan the QR Code



Part 2 - Making Sense of Sensory Integration Wednesday, May 14, 6:30-7:30 p.m.

What does a child need to succeed when the internal or external environment seems overwhelming? Learn what you can do to help children, including those with autism or sensory processing challenges, develop the skills necessary to cope in everyday situations.

Presenter: Melissa Armitage has been an occupational therapist working in the field of pediatrics for over 15 years. She has a Master of Science in occupational therapy from Virginia Commonwealth University. Her specialty areas include feeding, mental health, neurological conditions, and sensory integration. Melissa is certified in sensory integration, Therapeutic Listening™, Interactive Metronome®, and physical agent modalities. She is passionate about educating others regarding occupational therapy and her special areas of interest.

Register [Here](#) or
Scan the QR Code



Visit [CHKD.org/Classes](https://www.chkd.org/Classes) to Register



Featured Virtual Presentations

Wonders and Worries: Back to School and Beyond

Virtual two-part series for parents and professionals:



Have you ever wondered how to create a balance between comfort and challenge for your child or students? No matter where your child is being educated, academics and social emotional learning are key to success. Join CHKD in this two-part series and get ready for the new school year.

Part 1 - Back to School Positive and Productive Thursday, July 31, 6:30-7:30 p.m.

Make the school year positive and productive, support learning and lessen fears as children return to school. What are some ways we can reduce worries and make learning fun and educational?



Presenter: Arti Kumar-Jain, NCC, CYPFC, CPC, M.Ed. is the Founding Director of Love and Light 4 Kidz, LLC and provides individual and group-based workshops, seminars and coaching services for children, parents, families, educators, and a variety of community partners. Arti is a mental health therapist who is currently pursuing a Ph.D. in general psychology with an emphasis in performance psychology. She is a certified master health coach and certified parent-child family coach.

Register Here or
Scan the QR Code



Part 2 - The Art of Homeschooling Thursday, August 7, 6:30-7:30 p.m.

Prepare for a successful homeschooling year with homeschooling parent Jeané Liburd. Create cooperation and collaboration as you and your children get off to a great start. How can we create an environment where a child's wonder and imagination are key to learning?



Presenter: Jeané Liburd MA, CCLS, is a certified child life specialist with a Master's degree in marriage and family therapy, and has trained extensively in play therapy. She currently serves as an adjunct instructor for Liberty University teaching child development, and multiculturalism. She has provided services for children and families for over 15 years in various settings, including hospitals, pediatric hospice, and community programs. The focus of her work is supporting children and families who have experienced illness, grief, and loss.

Register Here or
Scan the QR Code



Visit [CHKD.org/Classes](https://www.chkd.org/classes) to Register



Virtual Lunch and Learn for Parents and Providers

Self-Compassion for Burned Out Parents and Providers

Monday, June 9, 12:30-1:30 p.m.

Self-compassion is one of the most powerful tools you can put in your parenting/provider toolkit. We will identify the key benefits and most common obstacles to self-compassion and develop a practice that will increase your personal well-being and capacity to care for others.

Register [Here](#) or
Scan the QR Code



Parenting: Beyond Behavior

Monday, June 30, 12:30-1:30 p.m.

All behavior is communication. Understand the message a child is signaling when behavior seems out of control. Learn about body budgets, stress responses, and how to support your child or student in regulating emotions and managing their own behavior when feeling distressed. Based on the work of Mona Delahooke, PhD.

Register [Here](#) or
Scan the QR Code



Presenter: Michele Tryon, CCLS, joined CHKD in 2006 and provides parent education and professional training on a variety of topics designed to enhance the well-being of children and families. She is recognized as a national trainer consultant for Nurturing Parenting™ Programs, a Positive Discipline™ educator, and as a HOPE facilitator through The HOPE National Resource Center.



Visit [CHKD.org/Classes](https://www.chkd.org/Classes) to Register



Get Connected

Webinars for Parents and Professionals

Register at CHKD.org/Classes



Understanding Anger in Children (Ages 6-12)

Understand the causes of anger, how to anticipate and defuse angry outbursts, and how to help your child manage their own emotions.

Monday, May 28, 6:30 – 7:30 p.m.

Positive Discipline (Ages 5-12)

Get to the core of misbehavior and help your child succeed. Positive discipline offers techniques that work to establish strong relationships and thinking, responsible children.

Wednesday, June 18, 6:30-7:30 p.m.

Helping Young Children Manage Emotion (Ages 2-6)

Learn how an adult's response to a child's emotional upset can either foster or inhibit a child's ability to develop secure attachments, manage challenges, and develop the brain architecture for positive coping.

Wednesday, June 25, 6:30-7:30 p.m.

Purposeful Parenting

Create a foundation of clear expectations and consistent responses that allow your child to develop self-discipline and self-confidence. Respond rather than react to challenging behaviors by understanding what your child needs, not wants.

Wednesday, August 13, 6:30-7:30 p.m.

Children and Stress

Understand what stress is and how it affects children. Consider strategies for helping your child cope with common stressful situations and experiences. Learn effective ways to lessen tension, increase cooperation, and support development.

Wednesday, August 20, 6:30-7:30 p.m.



Videos On Demand



Take Ten! Positive Parenting Tips

Parents and providers, we invite you to take ten minutes out of your day to reflect on your parenting journey and consider some strategies that may be helpful in supporting the well-being of your family or students.

Topics include tried and true areas of interest like, children and stress, positive discipline, grief and loss, and more.

Check out the latest Take Ten! – Self-compassion for Burned Out Parents and Providers.

[Click Here or Scan the QR Code and Take Ten!](#)



Visit CHKD.org/Classes to Register



Dads in Action - Virtual Resources for Dad



Talking Fatherhood Podcasts *with Andrew and Bryson*

Join Andrew and Bryson on their fatherhood journey. Listen in on their conversations and gain valuable insights into raising happy and healthy kids.

NEWEST Podcast Episode #5 – Partner Communication
Coming Soon – Episode #6 - Financial Stress/Anxiety

Read the latest blogs by Z. Andrew Jatau, MS, LPC

- Leaning into Eustress (The Good Kind)
- The “Chosen” Parent

Available ON DEMAND at
CHKD.org/DadsinAction
or scan the QR code.



Andrew: Z. Andrew Jatau MS, LPC is a father, husband, and content creator on a mission to empower fellow dads. With a background in counseling and fatherhood consulting, Andrew provides a unique blend of mental health expertise and family dedication to his work. As a full-time content creator and manager, Andrew produces educational digital content for kids, while also sharing insights and advice on fatherhood, mental health, and personal growth.

Bryson: Bryson Creighton is a dedicated father to three children and husband to his high school sweetheart. Juggling parenthood, self-worth, a relationship, and an executive career, he offers a unique family man’s perspective. Despite the challenges around time, he prioritizes his family, showing his selfless devotion to fatherhood. An avid sports enthusiast, Bryson expertly balances this passion with family commitments, embodying his family-first mantra.



Spanish Health and Wellness Resources at CHKD Recursos sobre la Salud y el Bienestar de CHKD



CHKD is happy to provide up-to-date health and wellness resources to you in Spanish. We also offer online parenting resources and printable handouts at CHKD.org/ParentingResources.

CHKD se complace en ofrecerle recursos actualizados sobre la salud y el bienestar en español. También ofrecemos recursos de crianza en línea y folletos para imprimir en CHKD.org/ParentingResources.



Get Connected with a CHKD Pediatrician Visit CHKD.org/Classes for dates, times, and to register.



For information on selecting a doctor. Visit CHKD.org/SelectingaDoctor

Suffolk Pediatrics

1009 Hillpoint Blvd., Suffolk

Welcome, Baby!

New and expectant parents, or families looking for a pediatric practice, will have plenty of opportunities to ask questions and tour the office with one of our healthcare providers.

For more information, call (757) 668-2250.

Pediatric Associates of Williamsburg

119 Bulifants Blvd., Williamsburg

Monthly Open House

Several dates are available for new or expectant parents or families looking for a pediatrician to meet the staff and tour the office. For more information, call (757) 564-7337.



Kids' Health Tips

RSV Acts Like a Cold but Can Be Much Worse

By: Dr. DeAnnah Jordan, Norfolk Pediatrics

Respiratory Syncytial Virus: it looks like a cold, sounds like a cold, but can quickly turn more serious.

Most commonly circulating from late fall through early spring, the virus acts like a typical cold in most children. Symptoms such as fever, runny nose, and cough usually span about a week and are typically at their worst on days three through five of the illness.

However, in premature infants or babies with lung disease, RSV can lead to serious lower respiratory tract infections such as pneumonia and bronchiolitis. In fact, the Centers for Disease Control and Prevention reports RSV as the number one reason for pneumonia and bronchiolitis in children under 1 year of age. Some children with RSV — about two to three percent — need to be admitted to the hospital.

Other children at high risk for these complications are babies with a history of allergies or heart problems and low birth weight. Also at higher risk are babies exposed to secondhand smoke and those whose mothers smoked during pregnancy.

New this year, the U.S. Food and Drug Administration approved Beyfortus, a drug used to prevent RSV in babies. Parents of infants 8 months or younger should ask their doctor if their child qualifies.

How to help your child feel better:

- Nasal saline with gentle suctioning.
- Cool-mist humidifier to break up mucus.
- Fluids and frequent feedings.
- Acetaminophen or ibuprofen for children older than 6 months to help with fevers. Always avoid aspirin and cough or cold medicines.

Signs you should call the doctor:

- Symptoms worsen or do not improve after seven days.
- A fever with a rectal temperature of 100.4 degrees Fahrenheit or higher if the baby is younger than 3 months. Or, a fever that rises above 104 degrees Fahrenheit repeatedly for a child of any age.
- Poor sleep or fussiness, chest pain, ear tugging, or ear drainage.
- Fast breathing, flaring of nostrils, wheezing, rhythmic grunting during breathing, belly breathing, tugging between their ribs, and tugging at the lower neck.
- Dehydration (less than one wet diaper every eight hours).
- Pauses or difficulty breathing.
- Gray or blue color to tongue, lips, or skin.
- Decreased activity and alertness.



For more Kids' Health Tips, scan the QR code or visit [CHKD.org/KidsHealthTips](https://www.chk.org/KidsHealthTips).





Community Events

To register, visit CHKD.org/Classes

Focus on HOPE for Our Children, Families and Communities

Virtual Program

Monday, May 5, 12:30 to 1:45 p.m.

The sixth annual Resilience Week Virginia is being celebrated throughout the state. The Hampton Roads Trauma Informed Community Network welcomes you to attend this FREE virtual workshop to learn about resilience and become an advocate for HOPE!

The research is in. Key positive childhood experiences prevent and mitigate the effects of adverse childhood experiences. Participants will learn about the four building blocks of HOPE and participate in reflection and discussion on how to incorporate the HOPE framework into their families, communities, and work with children and families.

<https://positiveexperience.org/>

Presenters: Michele Tryon, Certified HOPE Facilitator, Arielle O'Malley, HRTICN Coordinator, and key members of the Hampton Roads Trauma Informed Community Network (HRTICN).

HOPE

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES



Hampton Roads
TRAUMA INFORMED
Community Network

Register Here or
Scan the QR Code



CHKD Supports:

MileOneCares Car Seat Community Program

On July 16, MileOne Autogroup will distribute free car seats to families in Virginia Beach. These events are designed for **expectant parents and newborns up to 6 months** to ensure the smallest among us ride safely from day one. The event will take place at Hall Toyota Virginia Beach. Registration will be available in early June.



Registration is required. To register and to find out more information, go to MileOneCares.com.



CooPeR Saves Lives CPR Education Class

CPR can save lives. Through the generous donation of the CooPeR Saves Lives organization, CHKD is offering a non-certified CPR training, for adult, child, and infant CPR, to included skills for relief of choking and AED use. This course is offered FREE and space is limited.

Tuesday, June 10
6:30-8 p.m.

[Register Here](#) or
[Scan the QR Code](#)



CHKD Health Center at Landstown
2nd floor conference room
1924 Landstown Centre Way, Virginia Beach

Click [here](#) or scan the QR code to watch CooPeR Saves Lives public service announcement - focusing on drowning prevention education.



Mental Health and Wellness Education

QPR - Suicide Prevention Virtual Training

Question, Persuade, Refer (QPR) virtual training is offered free to the community for anyone ages 16 and older to empower parents, youth workers, teachers, coaches, and other professionals to help prevent suicide in our community. Learn to recognize warning signs, how to intervene, and where to refer someone who is in crisis. Ask a Question, Save A Life.

Wednesday, August 6, 6:30-8 p.m.



[Register Here or Scan the QR Code](#)



The Sarah Michelle Peterson Foundation

Youth Suicide: Risk and Prevention Conference Bringing Support, Care, and Hope to Our Children

REGISTER NOW

May 1 & 2, 2025

Hybrid Conference Event
Virtual Clinical Track – May 1
In-person Community Track – May 2



For more information and to register, visit CHKD.org/CME or scan the QR code.



In collaboration with



The Sarah Michelle Peterson Foundation

Conferences and Collaborations



Raising Awareness for Mental Health & Wellness for Youth Athletes

In 2020, the Virginia Sports Hall of Fame and Children's Hospital of The King's Daughters came together to create a platform to focus on mental wellness for youth athletes. The Youth Sports Mental Health & Wellness Alliance brings together youth sports stakeholders throughout the community to promote positive mental health and wellness in sports, and to work toward the following objectives:

- Identify mental health trends and concerns in youth sports.
- Provide expertise and ideas for mental health and wellness programs for coaches, parents, and athletes.
- Share mental health educational resources.
- Promote, market, and advocate for youth sports mental health and wellness programs.

Coaches, parents, administrators, collegiate and youth athletes, mental health organizations, and sports clubs are invited to attend a general membership meeting to learn more about supporting youth sports mental health. Visit our website at YSWA.org for more information.

Wednesday, May 14, 2025
9:30–11 a.m.

ODU, Priority Automotive Club
at SB Ballard Stadium
no registration required

To become a member,
[click here](#) or scan the
QR Code.



Birth & Beyond Parenting - Featured Blog

Summer Day Play

Author: Michele Tryon, CCLS



I recently presented a webinar on the importance of play for an audience of parents and early childhood providers. We had a good time reminiscing about the toys, games, and experiences we enjoyed as children engaged in play. During the summer months, many of us played outside, built tree forts, swam with friends, or sprayed each other with a water hose or Super Soaker. We rode bikes, climbed trees, played hopscotch, Red Rover, and TV tag. We inevitably argued with friends, siblings, or cousins about the rules of the game, whose turn it was, or what and where to play. What many of us didn't realize is, we were learning!

Play is natural for children. Children learn social rules, emotional regulation, and problem-solving when they are playing together. When children take charge of their own play with others, play researcher Peter Gray calls it "free play." Free play is intrinsically motivating. Children do it because it is fun and rewarding in and of itself. Think about the last time you let loose and played, just for fun. It feels good.

As these long days of summer approach, remember there are benefits in free play. We, as parents and providers, can set the stage for free play by providing safe places for our children to play and then stepping back. When children play together with little to no direction or instruction from adults, they gain a sense of independence and efficacy. Of course, we are available for intervention in the case of safety concerns, but if we can resist the temptation to take over, children do learn to structure their own group, and grow in their capacity as leaders, planners, and conflict negotiators.

I do encourage parents to spend time in play with their own children this summer. Children love to play with parents and build positive connections, however, they also learn from engaging with peers. That's great news for us. We don't need to plan every moment with entertaining or teaching. Now, go play!

To learn more about the benefits of play, visit: PeterGray.org and listen to [CHKD Take Ten! The Power of Play](#) webinar.