






Infant Mental Health Week Webinars
Hosted by the West Virginia Infant/Toddler Mental Health Association

**All webinars will be from 12 noon – 1:30 p.m.
1.5 Contact Hours of WV STARS per session
Register using the QR codes or the links below**

<p>Monday, May 12</p>  <p>SCAN ME</p>	<p>Growing up Digital: Balancing Technology and Connection in Infant and Toddler Development</p> <p>In today's digital age, technology is an integral part of daily life, even for our youngest children. This training explores the impact of screen time and digital play on infant and toddler development. Participants will learn about the benefits and risks of technology exposure and discover strategies to balance screen use and digital play with essential human interactions to support healthy cognitive, emotional, and social growth in young children.</p> <p><i>Presenter: Linda Reeves, MS, MA, LSW, IMH-E®, Child Care Resource Center</i></p> <div> <p>To register, please copy and paste the link below into your internet browser.</p> <p>https://us06web.zoom.us/meeting/register/ZGehTAp0SLSMXow0lpi1sw</p> </div>
<p>Tuesday, May 13</p>  <p>SCAN ME</p>	<p>The Potential Within Parenting: Unlocking Consistency, Cooperation, and Effective Strategies to Strengthen Parenting</p> <p>In this empowering and practical webinar, Betsy Nixon will help you discover simple yet powerful strategies to create lasting positive changes in parenting. Through actionable insights on consistency, routine, and emotional cooperation, you'll learn how to help parents transform their approach to discipline and communication. Betsy will provide insight in shifting our mindset from control to leadership, offering real tools that will strengthen a parent's connection with their child and reduce daily struggles. By the end of the session, you'll walk away with clear strategies for overcoming common parenting challenges, fostering emotional intelligence, and creating a calm, supportive home environment.</p> <p><i>Presenter: Betsy Nixon, Potential Within</i></p> <div> <p>To register, please copy and paste the link below into your internet browser.</p> <p>https://us06web.zoom.us/meeting/register/bknZiCelSPO1zWS3EVm7HQ</p> </div>
<p>Wednesday, May 14</p>  <p>SCAN ME</p>	<p>Big Emotions: Using Connection to Calm and Regulate</p> <p>Infants and young children are guided by emotions. When the feelings get too big, early care and education professionals can reach into their emotional regulation toolbox to support co-regulation. During this session, participants will learn about current co-regulation research, how to help build resiliency through co-regulation (and ultimately self-regulation), and skills and resources for use in the classroom and for families during in-home services.</p> <p><i>Presenters: Sheila Zickefoose, MA, IMH-E®, Statewide ICC Coordinator, and Michelle Rollyson, MA, IMH-E®, West Virginia Infant/Toddler Mental Health Association</i></p> <div> <p>To register, please copy and paste the link below into your internet browser.</p> <p>https://us06web.zoom.us/meeting/register/NUYPnueXTbC0sWuLzFzK4g</p> </div>

Thursday,
May 15



SCAN ME

Cultivating Connection for Caregivers and Professionals

In this session, participants will begin to understand the impact of early stress and trauma on the developing brain and connect that to mental and behavioral health concerns for children and adolescents later in life. Throughout this session, we will discuss real-life examples of difficult behaviors and scenarios that caregivers and professionals experience, as well as how to develop a compassionate and trauma-informed approach for how to handle those situations. The presenter will share practical tools for caregivers that emphasize the importance of attachment and connection when caring for children from hard places.

Presenter: Sarah Depew, Facilitator, support groups for foster and adoptive parents that focus on trauma-informed caregiving

To register, please copy and paste the link below into your internet browser.
<https://us06web.zoom.us/meeting/register/np68C7rYSsO2-KhWlpDeow>

Friday,
May 16



SCAN ME

Panel Presentation: Collaboration and Resource Sharing for Early Childhood Professionals

Join us during this panel presentation to learn about resources and programs that are helpful to all those working with young children and families. Representatives will include WV Connections, Home Visitation, WV Birth to Three, WV Child Care, and Higher Education.

Facilitator: Michelle Rollyson, MA, IMH-E®, West Virginia Infant/Toddler Mental Health Association

To register, please copy and paste the link below into your internet browser.
<https://us06web.zoom.us/meeting/register/CgqDrth3R-eeA5MG8Hp4oA>