HEALTHY CONGREGATIONS

August 11, 2015
Learning Community Webinar
HEALTHY CONGREGATIONS PROGRAM UPDATES:

Requirement changes for certification
- 3 courses instead of 7
- 7 hours of course work
- Three courses: Health Ministry 101, Outcomes-Based Planning, and Program Evaluation & Using Data

Core Training Dates

Special Grant Opportunities to consider
### UPCOMING CORE TRAINING DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Type</th>
<th>Location</th>
<th>Reg. cutoff</th>
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<tbody>
<tr>
<td>September 12</td>
<td>Live Virtual</td>
<td>n/a</td>
<td>Sept. 9, noon</td>
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<tr>
<td>September 26</td>
<td>In Person</td>
<td>Camp Lakeside, Scott City, KS</td>
<td>Sept. 18, noon</td>
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<td>October 10</td>
<td>In Person</td>
<td>Trinity UMC, Lincoln, NE</td>
<td>Oct. 2, noon</td>
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<td>October 17</td>
<td>Live Virtual</td>
<td>n/a</td>
<td>Oct. 14, noon</td>
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<tr>
<td>November 7</td>
<td>In Person</td>
<td>Baker University Alumni Center, Baldwin City, KS</td>
<td>Oct. 31, noon</td>
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HEALTHY CONGREGATIONS
UPCOMING TRAINING DETAILS:

- Offering in person training and online training
- Registration deadlines are available and must have enough people registered to hold the class
- Entire course schedule and registration details are on: www.healthfund.org/hctraining.php
THINKING AHEAD...
ADDITIONAL FUNDING OPPORTUNITIES FOR 2015-2016

Upcoming special grant opportunities available:
• The Big Garden Community Gardens (up to $2,700)
• Summer Food Program (up to $2,000)
Supporting Families and Young Children within Your Church

Angie Moore, LCMFT, RPT-S
Wichita, KS
emoore209@hotmail.com
He took a little child and had him stand among them. Taking him in his arms, he said to them, “Whoever welcomes one of these little children in my name welcomes me; and whoever welcomes me does not welcome me but the one who sent me.”

New International Version
Ministries

* Nursery
* Children’s Day Out
* Preschool
* Children’s Choirs
* Mom’s (Parent’s) Groups
* New Baby Ministries
* Family Ministries
Social Development
  * How I connect and interact with others

Emotional Development
  * How I regulate myself (calm myself)

Goal: Teach kids how they feel and act on it appropriately!!
When children are mentally healthy

- Manage & express a full range of emotions
  - Attunement & Self-Regulation
- Develop close, satisfying relationships with others
  - Attachment
- Actively explore environments and learn
  - Foundation for attending & motivating ourselves.
Protective Factors

* **Initiative:** The child’s ability to use independent thought and action to meet his/her needs

* **Attachment/Relationships:** The mutual, strong, long-lasting relationship between the child and significant adults.

* **Self-Regulation:** Self-Regulation is the child’s ability to gain control of bodily functions, manage powerful emotions, and maintain focus and attention.

* From the Devereux Center for Resilient Children
Risk Factors

- Chaos
- Violence
- Death
- Stress
- Poverty
- Illness
- Substances
- Other parental/caregiver issues
What we know...

- Children are expelled from preschools at a rate 3 times higher than K-12 Public School.
- Between 9.5 % and 14.2 % of children age birth-5 experience an emotional or behavioral disturbance.
- Untreated mental health problems can take root early and get worse over time, with potentially serious consequences for early learning, social competence, and lifelong health.
- ALL behavior is communication.
Brain architecture rapidly develops the first 3 years of life.
These early years are most critical for brain development.
Create the foundation for all developmental domains.
* movement, communication, social and emotional capabilities, and intellectual functioning
Early Brain Connections

At Birth  Three Months  Fifteen Months

Drawings of neural connections in the human brain.
Enrichment Changes the Structure of the Brain

Impoverished Neuron

Enriched Neuron
The primary psychological task of infant development in the first years of life is the formation of a secure, emotional bond with the caregiver. The achievement of this bond provides the foundation for the child’s gradual development of emotional regulation.

Brains are changed due to experiences and relationships... positive or negative!
What can the church do?

* Educate parents and caregivers about social and emotional development.
* Know the resources available to give parents.
* Watch for parental depression. Have a gentle conversation if concerned.

* Create an environment that is young child friendly!
Create an environment that is young child friendly

- “Enjoy” the sounds of children in the service.
- Provide a breastfeeding/lactation space.
- Consider family ministries that don’t separate parents and children.
- Don’t ask to hold the baby. Offer to carry the diaper bag!
- Step stools and changing tables
- Provide very safe care for children if/when they are away from parents. (Safe Sanctuaries is a start.)
Children in Worship

* Children/Family Time
* Goodie bags
* Sermon words
* Child friendly songs
* Children/Families as greeters
* Have an “Amen!” child
* Children’s choir
Classroom Environments

* Predictable People
* Rules (Be Safe, Be Kind, Be Helpful)
* Interactions/Responses
* Use Time Together instead of Time Out
* Eliminate screen time – No TV’s allowed
* Babies in arms as much as possible
* Should be FUN!
Website Resources

* Center on the Social and Emotional Foundations for Early Learning - (CSEFEL) http://csefel.vanderbilt.edu/index.html

* UMC What Every Child Should Experience – www.umcdiscipleship.org/resources/what-every-child-should-experience-in-um-congregations

* Zero to Three - www.zerotothree.org

* Tina Payne Bryson – www.tinabryson.com

* Kansas Association for Infant and Early Childhood Mental Health – www.kaimh.org
Books

* The Whole Brain Child by Daniel Siegel, MD and Tina Payne Bryson, PhD
* No-Drama Discipline by Daniel Siegel, MD and Tina Payne Bryson, PhD
* Parenting from the Inside Out by Daniel J. Siegel, MD
* Bright from the Start: The Simple, Science-Backed Way to Nurture Your Child's Developing Mind from Birth to Age 3 by Jill Stamm
* The Spiritual Child: The New Science on Parenting for Health and Lifelong Thriving by Lisa J. Miller
* Thank you for attending!

* Questions?