

## Mindfulness

As the Office of Child Development and Early Learning (OCDEL) and Early Intervention Technical Assistance (EITA) further collaborate with partners on developing critical training opportunities, we would like to provide you with the following trainings and educational opportunities that support at-risk infants, toddlers, preschoolers and their families with complex needs through the lens of mindfulness.

It is encouraged to take advantage of the current cross-systems training resources provided, as further technical assistance and training is being developed. OCDEL and EITA encourage all Family Support staff and Early Intervention staff to work with a trauma informed lens; as it is the goal to raise the bar and raise the floor by providing families access to high quality services to prepare children for school and life success.

### Webinars

#### [Mindfulness and Its Connection to Judgement](#)

To be an effective leader within your home and community, building relationships and self-awareness are skills that are key. This workshop provides a new, in-depth lens on how we make judgments about others and how that relates to our own personal experiences. We will take a deep dive into personal experiences and aspects of mindfulness in order to fully understand and absorb the information. Opportunities for self-reflection will be provided in addition to how others can be exposed to the information moving forward. Hosted by the Center for Schools and Communities with support from OCDEL.

#### [Get a Grip! Strategies for Strengthening Our Own Self-Regulation](#)

Self-regulation is a key skill that we all need in order to be healthy, productive and sociable members of society. The principles and strategies for teaching self-regulation to children also apply to adults, but sometimes we have to take more responsibility for getting the support we need. This webinar will provide a brief review of self-regulation principles and help participants match those principles to strategies they can implement in their own adult lives. Hosted by the Center for Schools and Communities with support from OCDEL.

### Interactive Learning Modules

[The Institute for the Advancement of Family Support Professionals](#) offers a free learning module [Professional Conduct and Self-Care](#). This learning opportunity explores ethical issues in family support practice; and addresses stress, burnout fatigue, and strategies to enhance resilience.

### Resources for Caregivers

Zero To Three offers a free positive parenting approach to discussing "[What is Mindfulness?](#)". This page also offers a downloadable infographic for discussing mindfulness with caregivers.

Zero To Three offers a free positive parenting approach to discussing [Mindfulness for Parents](#). This page also has mindfulness activities to practice with caregivers.

Zero To Three offers a free and downloadable resource for caregivers, "[Positive Parenting: When You Need a Break](#)". Resource also available in [Spanish](#).

## **Resources for Support Staff**

Zero To Three offers a free professional resource, "[How Can Mindfulness Support Parenting and Caregiving? A Literature Review](#)". This resource dives into how mindfulness is not a religion but has come to be seen as a mode of being.

Zero To Three also offers an infographic, [Positive Parenting](#), which can be reviewed with caregivers to describe a set of parental behaviors that support a child's capacity to love, trust, explore and learn.

## **Resources for Kids**

"[Mindful Eating for Infants and Toddlers Starts With You](#)" is a resource from Zero To Three that discusses how to bring mindfulness to our own relationships with food, hunger, and the body.

## **Mindfulness Toolkit**

Zero To Three offers a free professional resource, "[Getting Started with Mindfulness: A Toolkit for Early Childhood Organizations](#)". In the resource you can learn more about the case for implementing mindfulness techniques into your daily work and organizational culture, try hands-on strategies for doing so, and learn more from organizations that have begun this journey

Thank you for reviewing the current Family Support Programs and Early Intervention Programs cross-systems training resource list for mindfulness. As mentioned above, further work is being done to enhance your knowledge and skills as you work with at-risk children and families.

For questions or inquiries, please contact [ra-pwpahomevisiting@pa.gov](mailto:ra-pwpahomevisiting@pa.gov)