

# 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

<b>Date</b>	<b>Type</b>	<b>Location</b>	<b>Reg. cutoff</b>
September 12	Live Virtual	n/a	Sept. 9, noon
September 26	In Person	Camp Lakeside, Scott City, KS	Sept. 18, noon
October 10	In Person	Trinity UMC, Lincoln, NE	Oct. 2, noon
October 17	Live Virtual	n/a	Oct. 14, noon
November 7	In Person	Baker University Alumni Center, Baldwin City, KS	Oct. 31, noon

# 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](http://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

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# Mark 9:36-37

- \* 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





# Early Childhood Mental Health

- \* 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.

# Keeping the Brain in Mind

- \* 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**



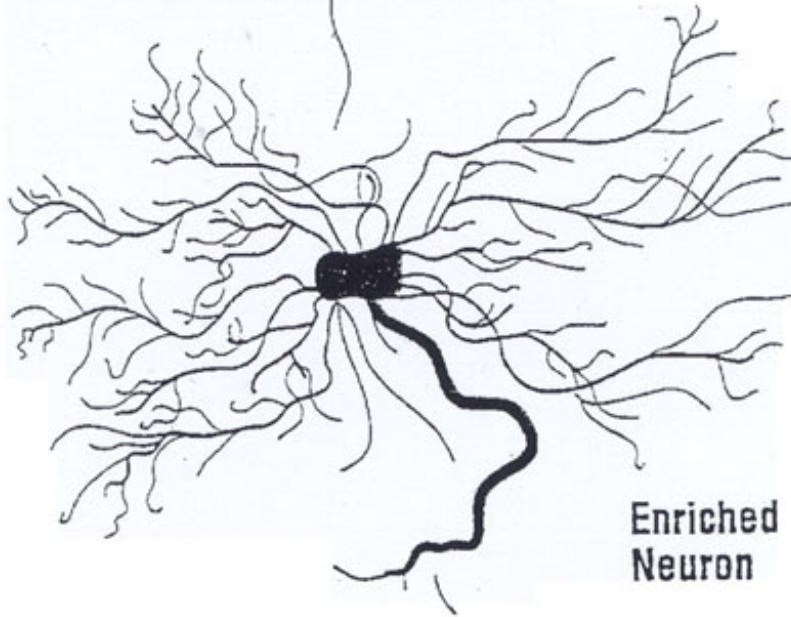
**Fifteen Months**



Drawings of neural connections in the human brain.

# Enrichment Changes the Structure of the Brain

Impoverished  
Neuron



Enriched  
Neuron



# Attach! Attach! Attach!

- \* 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](http://www.umcdiscipleship.org/resources/what-every-child-should-experience-in-um-congregations)
- \* Zero to Three - [www.zerotothree.org](http://www.zerotothree.org)
- \* Tina Payne Bryson – [www.tinabryson.com](http://www.tinabryson.com)
- \* Kansas Association for Infant and Early Childhood Mental Health – [www.kaimh.org](http://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?