

THE IMPACT OF STRESS ON PARENT & CHILD WELL-BEING

Thursday, May 9, 2024, 10:00 am – 12:00 pm

DESCRIPTION: Children with learning, social-emotional and behavioral challenges benefit when their parents are responsive and have realistic expectations. However, stress has a significant impact on parenting behavior and child well-being. Children benefit when parents manage their own stress and appreciate their child's strengths and unique needs. Fortunately, we can learn to cope with stress and struggle well when faced with adversity. During this webinar, participants will be encouraged to reflect and identify their stressors, coping strategies and parenting style. We will then discuss a few parenting strategies that can help children thrive at home and at school.

WHO SHOULD ATTEND:

Parents, family members, caregivers and professionals who want to enhance the lives of children, teenagers & young adults. We welcome anyone who strives to achieve the same goals.

LANGUAGE:

English (With Spanish & Mandarin Interpretation)

REGISTRATION IS REQUIRED

By web: [Click Here](#)

By Email familyconnect@adaptcommunitynetwork.org

By Phone: (718) 436-7979 Ext.704

ABOUT THE SPEAKER

Judy Grossman, DrPH, OTR, is Associate Director of the Center for the Developing Child and Family at the Ackerman Institute for the Family. She is also an adjunct faculty member at NYU; previous academic appointments include Chairperson, SUNY-Downstate Medical Center; Associate Research Scientist, Yale School of Medicine; and adjunct faculty at Columbia University. She has conducted early intervention and special education policy studies for the NYS Department of Education, NYC Board of Education, and school systems in Westchester County, NY and Fairfield County, CT. Dr. Grossman has published and presented nationally and internationally in the areas of family resilience, parenting, mental health consultation and best practices in early intervention/special education. She consults to community agencies and maintains a private practice working with couples and families.

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