

# Bringing Out The Best



**SUPPORTING THE SOCIAL &  
EMOTIONAL DEVELOPMENT OF  
YOUNG CHILDREN IN GUILFORD  
COUNTY**

# Upcoming Teacher Trainings



**January 26, 2023**

**6:00-7:30pm**

**\*\*This is a VIRTUAL event\*\***

**Transition Tips and Tricks**

**Registration Link:**

**[https://uncg.zoom.us/meeting/register/tJAsdOGgrTgoG9R2x\\_X6JsZ5k\\_3HqsdkyG5M](https://uncg.zoom.us/meeting/register/tJAsdOGgrTgoG9R2x_X6JsZ5k_3HqsdkyG5M)**

**February 2, 2023**

**6:00-7:30pm**

**It's Time for Kindergarten; Tips for  
Preparing children for Transition to  
Kindergarten**

**Location:**

**Jamestown Presbyterian Church  
1804 Guilford College Rd, Jamestown, NC**

**Registration Link:**

**[https://uncg.qualtrics.com/jfe/form/SV\\_3QJJAVatghpusfA](https://uncg.qualtrics.com/jfe/form/SV_3QJJAVatghpusfA)**

**ALL EVENTS ARE FREE AND WILL BE IN PERSON UNLESS OTHERWISE NOTED. DCDEE CREDIT HOURS WILL BE AWARDED FOR PARTICIPATION.**

**BE SURE TO VISIT OUR WEBSITE [HTTPS://BRINGINGOUTTHEBEST.UNCG.EDU/FOR-TEACHERS/](https://BRINGINGOUTTHEBEST.UNCG.EDU/FOR-TEACHERS/) AND FOLLOW US ON SOCIAL MEDIA FOR UPDATES!**

**March 14, 2023**

**6:00-7:30pm**

**\*\*This is a VIRTUAL event\*\***

**The Power of Praise**

**Registration Link:**

**<https://uncg.zoom.us/meeting/register/tJwlc-2trz8oG9E-BPTIpnYJ7mT8Nqn8YJLQ>**

**May 4, 2023**

**6:00-7:30pm**

**The Classroom Environment and  
the Teacher/Child Relationship**

**Registration Link:**

**[https://uncg.qualtrics.com/jfe/form/SV\\_a667KzVGkDine62](https://uncg.qualtrics.com/jfe/form/SV_a667KzVGkDine62)**

# Bringing Out The Best Staff Spotlight

## MEET JOY HERRERA

"What I most enjoy about working for BOB is seeing a child's difficulties decrease which leads to higher levels of happiness and success for the child, and in turn, leads to more positive relationships with adults and peers."



**Joy Herrera**  
**Assistant Director**

## FUN FACTS

**Favorite Color: Aqua**

**Favorite Food: Buffalo**

**Wings Hobbies: Being  
outdoors/gardening**





# Triple P Positive Parenting Trainings

DECEMBER 6, 2022, 5:30-7:30PM

RAISING RESILIENT CHILDREN

REGISTRATION LINK:

[HTTPS://GO.UNCG.EDU/RAISINGRESILIENTCHILDREN](https://go.uncg.edu/raisingresilientchildren)

STAY TUNED FOR MORE TRAINING DATES!

VISIT OUR WEBSITE

[HTTPS://BRINGINGOUTTHEBEST.UNCG.EDU/FOR-TEACHERS/](https://bringingoutthebest.uncg.edu/for-teachers/) AND FOLLOW US ON SOCIAL MEDIA FOR UPDATES!





# TIPS FOR PRIORITIZING SELF CARE DURING HOLIDAYS

**While self-care is a necessity for year round, the holiday season is the time to engage in self-care even more. Here are some tips that can help!**

- 1. Take Time To Actually Relax**
- 2. Set Healthy Boundaries**
- 3. Focus On Your Mental Health and Wellbeing**
- 4. Get Active**
- 5. Get Some Sleep**
- 6. Connect With People Who Are Important To You**
- 7. Pick One Holiday Thing YOU Enjoy**
- 8. Take Breaks**
- 9. Enjoy Alone Time**
- 10. Ask For Help With Something You've Been Putting Off**
- 11. Write Out What You're Grateful For 5 days in a row**
- 12. Start a New Tradition With Your Family That You Enjoy**
- 13. Turn Off Your Phone, This Can Be For Just An Hour Or Whatever Time You Can Accommodate**
- 14. Watch Your Favorite Holiday Movie**



# Family Holiday Activities

- Make a Hot Chocolate Bar
- Build a Snowman
- Choose Old Toys to Donate
- Make Holiday Cards
- Go Look at Lights
- Decorate Cookies
- Listen to Holiday Music
- Take Pictures with Santa
- Have a Family Gift Swap
- Watch Movies Together
- Go shopping For Sibling Presents or Presents For a Relative
- Take a Funny Family Photo and Have It Framed.
- Do a Random Act of Kindness





**Wishing You A  
Great Holiday and a  
Happy New Year  
From  
The Bringing Out  
The Best Team!**

