

Bringing Out The Best



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

Upcoming Teacher Trainings



ALL EVENTS ARE FREE AND
WILL BE IN PERSON UNLESS
OTHERWISE NOTED. DCDEE
CREDIT HOURS WILL BE
AWARDED FOR
PARTICIPATION.
FOLLOW US ON SOCIAL MEDIA
FOR UPDATES!

Visit our website to register:

<https://bringingoutthebest.uncg.edu/for-teachers/>

January 16, 2024

6:00-7:30pm

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

**Teaching Self-Regulation
Skills**

February 20, 2024

6:30-8:00pm

Preventing Burnout

Location:

Jamestown Presbyterian Church

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

March 14, 2024

6:30-8:30pm

**Teaching Problem-Solving
Skills**

Location:

**Starmount Presbyterian
Church**

**3501 West Market Street,
Greensboro**

April, 2024

exact date and time TBD

**Outdoor Environments
to Support Social**

**Emotional Development
Location:**

**Friendly Avenue Baptist
Church**

**Please check our
website for updates on
registration**

Bringing Out The Best Staff Spotlight

Meet Shonticia Loftin. Shonticia works part-time with the Bringing Out the Best team to provide support for children and their families. We are so grateful for her expertise and knowledge, as well as her willingness to jump right in and take on whatever we give her! A fun fact about Shonticia is that her full time job is teaching early childhood development to high school students...her jobs are intersecting and then coming full circle.





Triple P Positive Parenting Trainings

The Power of Positive Parenting

1/23/24

Dealing with Disobedience

2/6/24

Raising Confident, Competent Children

2/27/24

Raising Resilient Children

3/12/24

VISIT OUR WEBSITE FOR REGISTRATION

[HTTPS://BRINGINGOUTTHEBEST.UNCG.EDU/FOR-PARENTS/](https://bringingoutthebest.uncg.edu/for-parents/)

AND FOLLOW US ON SOCIAL MEDIA FOR UPDATES!





TIPS FOR PRIORITIZING SELF CARE DURING HOLIDAYS

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



While self-care is a necessity for year round, the holiday season is the time to engage in self-care even more.

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





Bringing Out the Best
will be closed for the holidays:

12/25/23-1/1/24

We wish you and your families
a safe and peaceful holiday!

