Bringing Out The Best

Supporting the Social & Emotional Development of Young Children in Guilford County
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

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

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!