



Nurturing Calm in Kids with Big Feelings

**A Four-Part Virtual Training Series for foster, adopt
and kinship caregivers**

*Tuesdays, January 20 & 27; February 3 & 10;
7:00 pm to 8:30 pm CDT*

Session 1 - Tues. January 20

Big Feelings, Bigger Connections

- Understand what drives big emotions and behaviors that follow
- Explore how trauma affects a child's ability to regulate and why certain reactions are actually survival responses
- Learn playful parenting strategies that build connections and strengthen your bond

Session 2 - Tues. January 27

Calm in the Chaos: De-escalation Strategies for Traumatized Children

- What to do in the moment when emotions escalate
- Learn to recognize stages and how to intervene early and effectively
- Practice de-escalation approaches

Session 3 - Tues. February 3

Taming the Inside Storm

- Teach kids the skills needed to manage tough feelings
- Understand self-regulation by exploring ways to build emotional awareness and teaching coping skills
- Support kids in expressing big feelings safely and appropriately

See Page 2 for additional session information and registration

Session 4 - Tues. February 10

Rhythm, Routines & Rolling-With-It Parenting Skills

- Create a home environment that balances predictability with the flexibility kids with trauma need
- Use routines to create stability using tips for smoothing transitions and structuring daily life in ways that help children feel safe, regulated and able to succeed

Meet our Presenter...

Allison Cooke Douglas

Allison Cooke Douglas, M.S., IECMH-E®, is the Resource Center Program Director at Harmony Family in Knoxville, TN and serves as a post-permanency program specialist at the National Center for Enhanced Post-Adoption Support. Over the past decade, Allison's work has focused on post-permanency family support. In her work with Tennessee's Adoption Support and Preservation (ASAP) program, Allison supervises direct services to adoptive families as a part of Harmony's multidisciplinary ASAP team. She holds an Infant and Early Childhood Mental Health Endorsement, is certified in Phases I and II of The Neurosequential Model of Therapeutics and is a Neurosequential Model in Education trainer. She is a Napa Infant-Parent & Early Childhood Mental Health fellow and was honored by The Children's Bureau with a 2024 Adoption Excellence Award. Allison's lived experience as an adoptive parent of four incredible humans deeply informs her work.

Click HERE to Register
or scan the QR Code to the left.

This **FREE** virtual training opportunity for foster care providers, kinship caregivers, adoptive parents, & child welfare professionals. Continuing education credits available for ND foster care providers and social workers.



The UND Children and Family Services Training Center sponsors all of our Foster Care Provider trainings through a grant from the North Dakota Department of Health & Human Services, Children and Family Services Section.