

Early Relationships: Helping Parents Foster Healthy Development

Program Description

This workshop will help participants develop skills in facilitating attachment with their young children, ages zero to three. Participants will learn skills to assist parents in connecting with their young children.

Learning Objectives

Upon completion of this workshop, participants should be able to:

1. Explain the impact of early relationships on a child's development;
2. Describe how their support to new parents impacts young children;
3. Demonstrate the skills to foster positive attachment and parent-child interaction.

Target Audience

This program will be highly appropriate for mental health, healthcare and public health professionals who work with young children and their families. This includes psychologists, social workers, nurses, educators, and all interested others.

Contact Hours

3.0 hours

Program Agenda

9:00 - 10:00 AM	Early Relationships and Child Development
10:15 - 11:15	Break
10:15 - 11:15	Relationship Skill Building: Helping Parents Connect with Young Children
11:15 - 11:30	Break
11:30 - 12:30	Practice Scenarios, Role Plays and Wrap Up
12:30 PM	Evaluation and Adjourment

Faculty

Sarah Cengel, MSW, LCSW is a bilingual clinical social worker with many years of experience working with young children and their families. Through her focus on work in Spanish with Latino parents, Ms. Cengel has developed expertise in the clinical concerns unique to Latino clients. Ms. Cengel's areas of focus in clinical work include fostering parent-child relationships in early childhood, improving developmental outcomes for young children, and helping parents with stressors such as domestic violence, mental health concerns, and economic difficulty that can negatively impact young children. She has been a field instructor with the UNC School of Social Work for nine years and is a training consultant with the School's AHEC Training Partnership.