

*The ECCDC is proud to offer this feature presentation with
Internationally recognized Dr. Jean Clinton*

Supporting Children's Mental Health in the Early Years

Reducing the Impact of Adverse
Childhood Experiences and Children's
Toxic Stress through Developing
Strong, Nurturing Relationships



eccdc

Join Dr. Jean Clinton, renowned clinical professor in the Department of Psychiatry and Behavioral Neurosciences at McMaster University for this one-day institute exploring strategies for supporting children's mental health through developing strong, nurturing relationships with children.

Positive relationships can help children manage their emotions during times of stress and supports them in developing appropriate coping and resiliency skills. Stress can negatively impact children's well-being, especially that of toxic stress. Toxic stress refers to chronic, excessive stress that exceeds a child's ability to cope, especially in the absence of supportive caregiving from adults. Over time, toxic stress will increase children's risk of developmental delays, learning disabilities, and childhood behaviour problems, as well as a host of health problems as adults. Children can experience toxic stress when they are over-burdened with too many stressors they are unable overcome.

Children may also be affected by any stress their educator and caregiver is experiencing. Educators in the early years are able to support children in dealing with toxic stress by building relationships based upon mutual respect and trust. Dr Clinton explains that "the relationships children have with early years educators is pivotal if we think of children's positive mental health as developing the capacity to building relationships with their peers and adults in order to express, manage and experience their options." Dr. Jean Clinton will share research outlining how the quality of the relationships we build with children is critical in helping to set the stage for positive mental health. Discussions will take place around strategies for supporting children's well-being in the early years and how educators may help set the stage for joyful learning environments where children feel nurtured and supported.

Supporting Children's Mental Health in the Early Years

Reducing the Impact of Adverse
Childhood Experiences and Children's
Toxic Stress through Developing
Strong, Nurturing Relationships



eccdc

Registration Information

Saturday March 2, 2019

8:30 am to 4:30 pm (8:30am - Registration, Continental Breakfast and Networking; 9:00am - Presentation Opening; 12:00pm Lunch and Networking; 3:30pm - Questions for Dr. Jean Clinton; and 4:00pm - Workshop Closing)

ECCDC Conference Room, 3340 Schmon Parkway, Thorold

\$95 includes breakfast and lunch • To register, contact the ECCDC at eccdc@eccdc.org, 905.646.7311 ext. 304, or visit www.eccdc.org



Jean M. Clinton, BMus MD FRCP(C)

Clinical Professor McMaster University
Department of Psychiatry and Behavioural Neurosciences

Dr. Jean Clinton is a Clinical Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster, division of Child Psychiatry. She is on staff at McMaster Children's Hospital with cross appointments in Pediatrics and Family Medicine, and an Associate in the Department of Child Psychiatry, University of Toronto and Sick Children's Hospital. She is also a senior scientist at the INCH (INfant Child Health) Lab at McMaster University. In addition, she is a Fellow of the Child Trauma Academy, as well as a Zero to Three Academy Fellow since 2013. She has been a consultant to children and youth mental health programs, child welfare, and primary care for almost 30 years. Dr. Clinton was appointed as an education advisor to the Premier of Ontario and the Minister of Education 2014-2018.

Dr. Clinton is renowned nationally and internationally as an advocate for children's issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play therein. Jean champions the development of a national, comprehensive child well-being strategy including a system of early learning and care for all young children and their families. She is equally committed to ensuring that children's and youths' needs and voices are heard and respected.