



For parents/caregivers or community partners

Each session is around 1-hour in length and can be held in-person or virtually via Zoom. These interactive sessions are meant to provide a general overview of the topic, along with some tips around best practices and key messages, and provide an opportunity for Q&A. Contact centerforcommunityhealth@cookchildrens.org for more information.

- **Aim for safety (adults or youth)*:** Focuses on firearm safety and storage practices at home to reduce unintentional shootings involving children.
- **Child passenger safety awareness (adults)*:** Learn about basic vehicle passenger safety, selecting appropriate car seats, and preventing vehicular heatstroke.
- **Lifeguard your child (adults or youth)*:** Address the risks of drowning in children and learn the layers of safety to protect children and families in and around water.
- **Poison prevention 101 (adults)*:** Learn how to help prevent unintentional child poisonings with safe dosing, storage, and disposal practices for medications and household products.
- **Question persuade respond (QPR) gate keeper (adults or youth)*:** An evidence based training for individual intervention and prevention of suicide.
- **Safe baby sleep and the ABCs of ZZZs (adults)*:** Gain insights into creating a safe sleep environment for infants to prevent unintentional suffocation.
- **The Importance of PCEs (adults)*:** Learn the significance and how to nurture positive childhood experiences (PCEs) for overall child resiliency.
- **Various oral health topics (adults or youth)*:** Multiple sessions focusing on importance of oral health during pregnancy, tips for caring for infants and young children's teeth, tips for taking children to the dentist, accessing community resources related to oral health, and more.
- **Youth mental health first aid:** Designed to teach individuals how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

For community partners (selected trainings below may offer live or enduring CEUs; contact centerforcommunityhealth@cookchildrens.org for more information)

Train-the-Trainer sessions

Individuals trained will be prepared to deliver our health and safety messages to individuals and families in either group or one-on-one sessions. Train-the-Trainer graduates will be supplied with a resource toolkit that contains prepared presentations, talking points and educational materials for distribution. They may also have access to our prevention tools (i.e. gun safe, sleep sack, oral health kit, etc.) to distribute to those families who they train or educate.

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| ▪ Aim for Safety (gun safety) (2 hours) | ▪ Oral Health (4 hours) |
| ▪ Healthy Lifestyles – How to Grow Microgreens (1 hour) | ▪ Poison Prevention (2 hours) |
| ▪ Healthy Lifestyles – Choosing 5210+ Every Day (1 hour) | ▪ Safe Baby Sleep (2 hours) |
| ▪ Mental Health – Children's Feelings Are a Work of Art (1 hour) | ▪ Water Safety (2 hours) |

ACEs 101

Understand Adverse Childhood Experiences (ACEs), their impact and prevention strategies.

Early detection of child abuse and neglect training

This self-paced, online training provides clinical continuing education credits to train medical professionals on how to identify and report potential signs of child abuse and neglect.

Trauma-informed care

Offered as a 2-hour training that covers the basic principles of trauma informed care and practices for supporting youth and mental wellness.

Trauma-informed nutrition security

This session will introduce the trauma-informed approach to your work in addressing food insecurity.

Wellness workshops*

These 3-hour virtual professional development workshops for mental health providers and other community professionals provide an opportunity to share skills, knowledge, and resources with colleagues. Each workshop provides a different, unique presentation around emerging children's mental health topics and occurs 2-3 times a year.

Annual symposiums and in-service*

These are formal trainings with expert presenters for community partners. Currently, we hold a safe baby sleep symposium and asthma in-service for school professionals.