

# Deep Breathing: A Connection To Calm

Thursday

May 6, 2021

6:30-8:30

### Online Event:

Required training paperwork and a link to access the training via Zoom will be sent to registered participants.

Participants MUST register in order to participate and receive a training certificate.

### To Register:

See Rockingham County Partnership for Children's Training Calendar and Registration Form.

### Registration questions?

Contact: Cynthia Langston at 336-342-9676, ext. 201 or email at [cynthial@rockinghamkids.org](mailto:cynthial@rockinghamkids.org)



This training is geared towards informing, assessing, and providing strategies to support the skill of deep breathing and making the connection to help children learn how to calm.

You will:

- Assess your own responses and reactions in relation to deep breathing by creating an environment that naturally promotes this crucial skill to children's early social-emotional development.
- Learn about the importance and evidence based research on why breathing with children matters.
- Reflect on your understanding of your relationship with yourself, your children, and your colleagues.

Facilitated by: Robin Sink

Regional Behavior Specialist  
Healthy Social Behaviors Initiative