

PRESCHOOL MENTAL HEALTH TRAINING SERIES



SUPPORT CHILDREN'S SOCIAL EMOTIONAL DEVELOPMENT!

The Preschool Mental Health Series includes five two-hour courses focused on supporting positive mental health outcomes for preschool-aged children.

Trainings Offered

- Supporting Preschool Mental Health
- Executive Function in Early Childhood
- Social Emotional Development in Preschool
- Stress, Trauma, and Resilience in Preschoolers
- Stress Management for Early Childhood Professionals

Also Consider

Preschool Mental Health begins in infancy and builds during the toddler years. Consider adding the courses below from Infant Toddler Mental Health to build your foundation of knowledge in mental health.

- Intro to Self Regulation
- Intro to Sensory Processing

WHAT YOU WILL LEARN

Would you like to help children develop skills now that will help them thrive throughout life? Research has shown that positive mental health benefits children in many ways such as:

- Positive attitude towards learning
- Healthier peer and family relationships
- Enhanced learner outcomes
- Improved self-regulation

The Preschool Mental Health Series focuses on the educator's role in fostering social emotional development. The series provides information about:

- Social emotional development
- Teaching ideas for social skills and resilience
- Classroom based trauma-informed practices
- Strategies for working with families
- Handouts and resources

Helping Educators Grow and Thrive

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Get Started

Scan to view the Preschool Mental Health Series or visit the weblink below.

tx.ag/preschoolmentalhealthcourses

