



Supporting Your Child's Health and Well-being During the School Year

Virtual House Calls for Parents, Caregivers, and Families: A Three-Part Series

October 2024

Part 1: Supporting Child and Family Wellness

Join us for an engaging and informative discussion with Dr. Robert Keder, a Developmental Pediatrician from Connecticut Children's Hospital, as we explore ways to support children's well-being both at home and in school. In this family-friendly session, Dr. Keder will share insights into understanding challenging behaviors, child development, and how these factors influence learning. You'll gain valuable tips on recognizing risks and building resilience, and learn practical strategies to create a supportive environment for your child's growth and success.



Date: Thursday, October 10, 2024, 5:00 p.m.–6:00 p.m.

Register: Scan the QR code or visit <https://serc.info/vhcpart1>

Part 2: Preparing Your Family for Cold and Flu Season

Join us for an engaging and informative webinar presented by Dr. Sten Vermund, MD, PhD, from Yale School of Public Health and Global Virus Network, on the topic of Respiratory Health and Wellness.

Students experience fewer missed days from school when parents and schools work together to address risk factors and use prevention strategies to stop the spread of illnesses, including colds, Influenza, RSV, and COVID-19. Dr. Vermund will share his expert advice and "pearls of wisdom" on best practices to participants.



Date: Thursday, October 24, 2024, 5:00 p.m.–6:00 p.m.

Register: Scan the QR code or visit <https://serc.info/vhcpart2>

Part 3: Protecting Our Youth: A Community Approach to Suicide Prevention

Connecticut experienced 10 teen suicides over this summer. While it can be difficult to discuss, it is important for parents and caregivers to talk to their children about suicide and mental health.

The CSDE invites you to join our panel of experts from the Department of Children and Families (DCF) and the Department of Mental Health and Addiction Services (DMHAS) for a conversation with parents and caregivers. We will discuss warning signs to look for, tips on how to talk to your child about their feelings, stressors and well-being, and where to turn to get help for you and your child.



Date: Thursday, November 7, 2024, 5:00 p.m.–6:00 p.m.

Register: Scan the QR code or visit <https://serc.info/vhcpart3>

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