

# MCEC COVID-19 Resources for PARENTS

## MCEC Parent to Parent Webinars

All webinars are free. Find additional webinars at [www.MilitaryChild.org/webinars](http://www.MilitaryChild.org/webinars)

### [Adapting to a Virtual Learning Environment](#)

A virtual learning environment is a new experience for many military-connected children. In this webinar we will identify the challenges of virtual learning, followed by discussing ways to balance learning in a home setting. We will also share best practices for school-aged children and youth to help create a successful virtual learning experience.

### [Creating Strong Families](#)

We address qualities that make our families strong and examine daily habits that build permanent connections and enduring relationships with children as well as share suggestions for nurturing and strengthening relationships in the family.

### [Developing Positive Coping Strategies](#)

This webinar helps parents identify challenges and children's needs. It focuses on discussing five positive coping strategies that enable children to thrive despite changes and challenges.

### [Effective Listening and Discipline](#)

In this webinar, we share strategies to help with discipline and also learn the importance of and how to become an effective listener.

### [Encouraging Military Kids to Be Healthy and Fit](#)

This webinar helps families understand the importance of physical activity. It discusses ways to foster an active lifestyle for the entire family. Families also learn ways to incorporate healthy eating choices into their daily lives.

### [Facing Challenges Together: Raising Secure Children in an Uncertain World](#)

Join Dr. Paula Rauch, Associate Professor of Psychology at Harvard Medical School, Director, Marjorie E. Korff Parenting At A Challenging Time (PACT) Program and Member, MCEC Science Advisory Board Executive Committee as she shares tools parents can use to be an informed and steady guide to their children through challenging times.

### [Fostering Resilience in Military Children](#)

This webinar helps parents understand resilience and its importance in fostering resilience in children. It is based on Dr. Ginsburg's 7 C's of Resilience, discussing each component and sharing tips on incorporating each component in everyday life.



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### [Helping Military Children Navigate Change](#)

In this webinar we look at the impact change can have on military children and some strategies and resources to help navigate these changes. Along with change, can come stress. We discuss stress and provide strategies to help overcome stress in children.

### [Growth Mindset](#)

In this webinar we provide an overview of Dr. Carol Dweck's theory of growth and fixed mindsets, as well as share tools, strategies and resources to guide parents on how to help their children better approach obstacles and challenges, increase effort, utilize constructive criticism, and learn to improve.

### [The Importance of Sleep in Children and Teens](#)

This webinar will help parents understand the importance of sleep as well as tips and tools for helping children and adolescents get to sleep and stay asleep.

### [Internet Safety for Elementary School Children](#)

This webinar starts with a discussion of how children use the internet, followed by understanding the benefits and also the risks of the internet. It addresses cyberbullying and concludes with lots of tips on keeping children safe when they are online.

### [Internet Safety for Middle and High School Students](#)

This webinar starts with a discussion of how children use the internet, followed by understanding the benefits and also the risks of the internet. It addresses cyberbullying and concludes with lots of tips on keeping children safe when they are online.

### [Kids and Anxiety with Dr. Flake](#)

Childhood anxiety and pervasive depression in youth are concerns for educators and parents alike. In this webinar recording that took place at the MCEC National Training Seminar in Washington D.C., Dr. Eric Flake, Program Director, Department of Defense (DoD) Developmental Behavioral Pediatrics Fellowship, Joint Base Lewis McChord, shared diagnostic and treatment information, along with the beginnings of Information Guides that can be shared among parent, military and educator groups.

For More Information: [Parents@MilitaryChild.org](mailto:Parents@MilitaryChild.org)



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### [Kids in the Kitchen](#)

Meal prep time offers many great opportunities to introduce STEM concepts to your children while working together to put food on the table.

### [The Magic of the Family Meal](#)

In this informative webinar we share what research says about the benefits of eating meals together as a family, discuss tips and strategies to help picky eaters enjoy meal time and share ways to engage the whole family during the family meal, even teenagers!

### [Parent-Teacher Conferences \(in case parents need to hold virtual conference.\)](#)

Learn how to communicate effectively during a parent-teacher conference. We will share ideas on how to plan for the conference, stay in touch with your child's teacher after the conference, and discuss a teambuilding approach to resolving any issues that might arise.

### [Persistent and Challenging Behaviors](#)

This webinar identifies childhood behaviors that are difficult for parents to handle, discusses common triggers, describes appropriate alternative methods or strategies to deal with or prevent persistent and challenging behaviors, and matches specific strategies to address the different age groups.

### [Supporting Kids with Autism and Other Developmental Challenges](#)

Dr. Eric Flake discusses best practices to identify, evaluate and treat children with developmental disabilities/Autism, recognize the type of individualized treatment methods required for a military child with an Autism Spectrum Disorder or developmental disability, and discuss challenges military families who have a child with Autism.

### [Supporting Military Children During Separation: Training, Deployment, Humanitarian Aid and Disaster Relief](#)

This webinar will offer ideas and techniques to maintain involvement during separation, provide support techniques for the deployed parent and the remaining parent/caregiver and manage stress, both for parents/caregivers and for the child(ren).

### [Turning Stress into Strength](#)

This webinar discusses the characteristics of positive and negative stress and highlights some tips on how to reduce stress and formulate a stress management plan for children.

