

Having the Conversation

Infant and Early Years Mental Health Institute



Hamilton's Infant and Early Years Mental Health System Support Committee

invites you to join us for this virtual event on:

Monday May 3, 2021

6:30 pm to 8:00 pm Keynote Session with Chaya Kulkarni
&

All day sessions on Tuesday May 4, 2021

Cost: \$20.00

If you registered for the Embracing the Early Years Conference then you are already registered for this event.

Each morning you will receive the links to that day's sessions.

Register at www.ascy.ca or email library@ascy.ca.

Monday May 3, 2021

6:30 PM – 8:00 PM

Welcome & Keynote Speaker Dr. Chaya Kulkarni



LIVE Zoom Keynote:

For many children, next to their immediate caregivers, those in the early learning and care field are often the next most consistent relationship they may experience. This keynote session will explore why infant and early mental health must be a focus of any caregiving relationship with young children. We often hear people say, "parenting is hard". What does that really mean? What is the hard part? Is there a role for early learning and care practitioners to guide through the science that shows us just how important these early years are? If there is a role, what does that look like, what strategies should early learning and care be using? This presentation will explore the tremendous opportunity early learning and care practitioners have in influencing not just a child's development, but the most important relationship a child has - the one with their caregiver - which is so central to healthy early development. Participants will leave with a list of "to-dos" they can immediately embed in their practice with young children and families, strengthening how they influence infant and early mental health.

Dr. Chaya Kulkarni, BAA, M.Ed, Ed.D, Director, Infant Mental Health Promotion (IMHP), The Hospital for Sick Children, ON

Tuesday May 4, 2021
Morning Sessions

10:00 AM – 11:30 AM Pre-Recorded Session

Fears, Worries, and Resiliency of Families and Children During Challenging Times

Since the start of 2020 we have all experienced a global pandemic. Many stories have been shared about struggles, strength, loss, and resiliency. Early Childhood Educators are in a unique position to witness families and children live and survive during this challenging time. Often, we see these struggles being expressed in play and from the personal accounts our families tell us. We may wonder how we can help children and families in our care cope in challenging times. In this workshop, we will explore approaches that support families to validate their feelings but also create new stories that encompass strength and resiliency.

Facilitated by: Natalie Busato, B.A., R.S.W., RECE

10:00 AM – 11:30 AM Pre-Recorded Session

Mental Health Affects Us All

This session will look at what is mental health and mental illness, as well as the importance of addressing stigma. We will also talk about building resilience and about resources.

Facilitated by: Jill Dennison, B.A.

1:30 PM – 3:00 PM **LIVE Zoom Session**

How Family and Neighbourhood Factors Can Promote Resilient Outcomes for Children in the Setting of Poverty

This presentation will review the effects of poverty-related risks on child health and development and then introduce evidence for modifiable factors within families and communities that can promote resilient outcomes.

Facilitated by: Dr. Anne Fuller, MD, M.Sc., FRCPC

1:30 PM – 3:00 PM **LIVE Zoom Session**

Empowering Parents: Engagement, Reflection, and Change Talk

This presentation will address the opportunities and challenges of working with parents/caregivers as community members who have an important role in promoting the well-being of children. Together we will increase our understanding of parent/caregiver roles in child well-being and discuss specific skills in engaging and collaborating with parents/caregivers.

Facilitated by: Dr. Paolo Pires, PhD, C.Psych & Dr. Terry Bennett, MD, PhD, FRCPC

1:30 PM – 3:00 PM **Pre-recorded Session**

Indigenous Familial Relations

Niwasa Kendaaswin Teg's cultural safety team, Brooke Lavalley and Kristin Tyrer, will be providing an Indigenous holistic approach to understanding infant mental health. An overview of traditional parenting and familial relationships with infants will be presented, with correlation to the impacts of colonialism on Indigenous children and families. Due to colonial factors, historical trauma and intergenerational affects have trickled down into our communities today disrupting familial/infant relationships and overall well-being. For Indigenous people, their mental, spiritual, emotional, and physical well-being are interconnected; fostering a sense of belonging for First Nation, Métis, and Inuit infants is essential to have healthy families and communities.

Facilitated by: Brooke Lavalley, B.A. and Kristin Tyrer, B.A.

Tuesday May 4, 2021
Evening Session

6:30 PM – 8:00 PM **LIVE Zoom Session**

Resiliency – What It Is, What It's Not, and How to Build It

This presentation will focus on the science of resilience, the importance of relationships, and the need for caregivers to look after themselves so they can bring their best self forward for the children they care for. Positive relationships can help children manage their emotions during times of stress and supports them in developing appropriate coping and resiliency skills.

Facilitated by: Dr. Jean Clinton, BMus, MD, FRCP(C)



Presenter Bios

Dr. Chaya Kulkarni

Dr. Chaya Kulkarni is the Director of Infant and Early Mental Health Promotion (IEMHP) at The Hospital for Sick Children (SickKids). IEMHP is a national organization which improves outcomes across the lifespan through translating and promoting the science of early mental health into practice with families during pregnancy, infancy, and early childhood. Dr. Kulkarni has over 25 years of experience in a number of leadership roles including frontline service delivery, policy analysis, research, and curriculum and resource development. Prior to joining IEMHP, she was VP, Parent and Professional Education at Invest in Kids, and has also served as Senior Policy Analyst and Researcher for the Office of the Official Opposition, Queen's Park. Dr. Kulkarni is an adviser to Dolly Parton's Imagination Library and a member of the Board at Family Day Care Services.

Natalie Busato

Natalie Busato is a registered social worker and early childhood educator working as a consultant with ASCY. She has worked in the area of mental health and social emotional well-being for close to 20 years. Natalie has supported families, children, youth, educators, and the community first in Halton, and more recently in Hamilton, her hometown. Her approach is rooted in a family-centred, strength based, trauma informed, and self-regulation framework. Natalie places high value with a sense of privilege when someone feels comfortable to share their personal stories with her.

Jill Dennison

Jill Dennison is a Mental Health Promotion and Resiliency Facilitator with CMHA Hamilton. She has been a Mental Health First Aid instructor since 2013 and is also an ASIST (Applied Suicide Intervention Skills Training) instructor and coordinator of the TAMI (Talking About Mental Illness) program in Hamilton.

Anne Fuller

Anne Fuller is a paediatrician and early career clinical researcher at The Hospital for Sick Children (SickKids), and a PhD student at McMaster University. Dr. Fuller's research is focused on understanding the effects of poverty-related risks (material hardship, early adversity) on child health and development over the life course, with a particular interest in the cumulative vulnerabilities faced by children with chronic health conditions and their families. Her research also aims to understand buffers at the family and community level that may afford protection to vulnerable children.

Dr. Paolo Pires

Dr. Pires received his Ph.D. in Clinical Child and School Psychology from OISE/University of Toronto and is registered with the College of Psychologists of Ontario. He is currently the Clinical Director and Staff Psychologist in the Child and Youth Mental Health Program at McMaster Children's Hospital and is an Assistant Professor (part-time) in the Department of Psychiatry and Behavioural Neurosciences at McMaster University.

Dr. Terry Bennett

Dr. Bennett is an Associate Professor, child and adolescent psychiatrist, and Laidlaw Chair in Patient-Centred Care at McMaster Children's Hospital, the Offord Centre for Child Studies, and McMaster University's Department of Psychiatry and Behavioural Neurosciences. She has expertise in family-centered models of care, prevention programs, children with early-onset mental health problems, and neurodevelopmental disability. She is the lead investigator for the Canadian Family Check-Up research program and McMaster Site co-lead on the Pathways in ASD Study.

Brooke Lavallee

Brooke Lavallee is an Anishianaabe Kwe from Neyaashiinigiing, currently residing in Stoney Creek. Brooke has earned an Honours Bachelor of Arts in Indigenous Studies as well as a Master of Education: Education for Change with specialization in Indigenous Education. She has worked as a coordinator for the Indigenous Centre of Excellence for Early Years and Child Care. Currently, Brooke is working with Niwasa Kendaaswin Teg as a cultural safety facilitator as well as an instructor for an Introduction to Indigenous Studies course. Brooke is passionate about working with Indigenous and non-Indigenous communities to create spaces that respectfully incorporate Indigenous knowledge and education.

Kristin Tyrer

Kristin Tyrer is Ililiwiskwew, a Cree woman from Moose Cree First Nation, who currently resides in Brantford. Kristin has her Honours Bachelor of Arts in Criminal Justice from Nipissing University. She has worked as a Community Educator for the Indigenous Centre of Excellence for Early Years and Child Care. Additionally, she has spent the past ten plus years working within the Indigenous Community of Hamilton. Presently, Niwasa Kendaaswin Teg employs Kristin as a Cultural Safety Facilitator. Her passion for the revitalization of traditional Indigenous practices has driven her desire to support the Indigenous community. Indigenous Ceremony is an integral part of Kristin's life. Walking the path in a good way, healing and integrating the teachings of her Elders is how Kristin dedicates her commitment to this work in supporting others.

Dr. Jean Clinton

Dr. Jean Clinton is a Clinical Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster, division of Child Psychiatry. She is on staff at McMaster Children's Hospital with cross appointments in Pediatrics and Family Medicine, and an Associate in the Department of Child Psychiatry at Sick Children's Hospital. She is a Fellow of the Child Trauma Academy, as well as a Zero to Three Academy Fellow since 2013. She has been a consultant to children and youth mental health programs, child welfare, and primary care for over 30 years. Dr. Clinton was appointed as an education advisor to the Premier of Ontario and the Minister of Education 2014 - 2018.

Dr. Clinton is renowned nationally and internationally as an advocate for children's issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play. Jean champions the development of a national, comprehensive child well-being strategy including a system of early learning and care for all young children and their families. She is equally committed to ensuring that children's and youths' needs and voices are heard and respected.

Dr. Clinton has also authored her first book, *Love Builds Brains*, which can be ordered online through Tall Pines Press, on Amazon and in book stores everywhere.