

# Columbia Cares for Kids



Columbia's most influential human service agencies and educational entities are pleased to announce a plan for engaging our community to promote the emotional well-being of children and families. We are bringing Dr. Gerald Newmark, P.h.D., nationally renowned expert in the emotional health of children and author of *How to Raise Emotionally Healthy Children*, to Columbia to bring the information, resources, and training necessary to foster emotional health among our most impressionable population, **our children**.

We will be kicking off a campaign with a series of events January 24-30th entitled the "Week of the Emotionally Healthy Child". This week will include seminars for parents, training for child care providers, press conferences, book signings, and meetings open to the general public.

## Schedule of Events

### Monday, January 24

- 10:00 a.m. Proclamation & Press Conference
- 12:00 p.m. Book Signing
- 4:15 p.m. In-Service Training for Columbia Public Schools\*

### Tuesday, January 25

- 11:00 a.m. Parent Training\*
- 6:30 p.m. Child Care Providers Training\*

### Wednesday, January 26

- 9:00 a.m. Boone County Children's Division Staff & Foster Parent Training
- 6:00 p.m. Parent Facilitator Training\*

### Thursday, January 27

- 10:00 a.m. Train the Trainer\*
- 6:00 p.m. Community Training

### Friday, January 28

- 10:00 a.m. Teacher Collaboration Day\*

\* Pre-registration is required for these events.

Emotional health provides the foundation for success at school and in life. One of the most serious and under-recognized problems facing our nation is the failure to meet the emotional needs of our children. These needs are neglected at home and at school. This neglect jeopardizes the future of the children and our society. To address this issue, Dr. Gerald Newmark wrote a best selling book entitled *How To Raise Emotionally Healthy Children*. It was written to raise public consciousness of emotional health and to provide a practical resource to enable parents, teachers and childcare providers to do something about it.

Emotional health affects multiple aspects of our community. Emotionally healthy children equate to productive, healthy, and engaged citizens. This is reflected through consistent work attendance, reduced poverty, increased altruistic and civic-minded behavior, and ultimately an increased level of self-reliance and self-discipline. These characteristics benefit all of us, as they support our society's emotional and economic stability.



Babies, toddlers, children, teenagers, parents, and grandparents all have the same emotional needs. Meeting these needs in childhood provides the foundation for success in school, work, relationships, marriage, and life in general.

**Our goal is to make information, resources, and training on emotional health accessible to everyone, so participation is FREE! Childcare will not be available.**