

Akron Children's Hospital Reducing Childhood Stress: A Presentation for Parents

Reducing Childhood Stress: A Presentation for Parents is designed to inform parents about the stress response system, the ways that children experience and the physical, cognitive, emotional, and behavioral effects of stress. This session will also detail research on the short term and long term health impact of stress. Parents will walk away with a strong understanding of stress and practical tools to reduce stress in their children and encourage relaxation.

About the Trainer

Melissa McClain is a graduate of Kent State University and is the Community Education Program Coordinator at Akron Children's Hospital. She is responsible for a social and emotional learning curriculum that includes k-12 classroom education as well as psychological trauma education for educators and other professionals who work in a school environment. Since 2006, Melissa has educated over 68,000 students, school staff and community members. She has worked with over 150 Ohio school buildings and community organizations that work with youth and has also been lucky to travel to speak for state and national audiences on teen dating, emotional literacy, bullying, and psychological trauma.



Akron Children's Hospital offers educational opportunities free of cost to school districts throughout Ohio to provide social and emotional skills building to staff, students, and families. Feel free to contact this trainer at mmcclain@akronchildrens.org if you are interested in more information.

DATE:

**February 26,
2018**

**6:00 p.m. -
7:30 p.m.**

LOCATION:

**Davey Elementary
Auditorium
196 N. Prospect St.
Kent, OH 44240**



*Akron
Children's
Hospital*

School Health Services