

Brookhaven College
Cooperative Education
Seminar Summary

Student Name:	Date Completed:	Hours:
Peyton Whitley	09/14/2018	1 hour
Course:		
CDEC 2380		
Training Type:	Meeting	Workshop
		Other: ARTICLE

Name of Speaker, author, etc:

ERIC PAKULAK, MELISSA GOMSRUD, MARY MARGARET REYNOLDS, THEODORE A. BELL, RYAN J. GIULIANO, CHRISTINA M. KARNS, SCOTT KLEIN, ZAYRA N. LONGORIA, LAUREN VEGA O'NEIL, JIMENA SANTILLÁN, HELEN NEVILLE

Purpose or Subject: Focusing on Families: a Two-Generation model for reducing parents stress and boosting preschoolers self-regulation and attention

We read of a child that comes from a stressful home and the hardships she faces at school, which opens us up for the topic of relieving that stress at home whilst also boosting self-regulation within the child. "Brain systems are changeable with high-quality preschool education, parental involvement, and other positive factors," the author tells us and shows us with research throughout. We learn of the development of the brain throughout early childhood years. This leads into the research of stress levels at home and also from caregiver to child, in turn affecting the child's self-regulation. The article shows an evidence-based training that's been put into place and used between the University of Oregon and Head Start of Lane county, called the two-generation approach. It goes on to show the importance of the parent and child connection, and training both to have a better outcome. We first read the 5 core components for supporting children, and then the 9 core components for supporting parents. Parents learning how to destress the environment or communicate with their child is a key importance as well. To support more families, the authors of this article and program are now trying to expand this to Head Starts nationwide.

It is critical, as we know and learn, for children to have and learn self-regulation. This article shows us the importance of the least amount of stress occurring in the home and around the child, is beneficial to the child's attention and self-regulation. All child care professionals need to have this knowledge as we can then support and benefit more families around the world. Part of the article that I really liked and learned from or connected to, was being that it not only focused on the child and tips for what to do with the child to benefit the child. It actually brought in and brought up the importance of the parents learning these strategies as well. I think this is often too much ignored, or pushed to the back burner for fear or just ignorance. Whatever it may be, it's very important for

us to know what and how to communicate and properly educate other caregiver, adults, and parents to properly benefit children's development.