

# Week of the Young Child 2018

The Omaha Chapter of Nebraska AEYC partnered with the Child Saving Institute for our Week of the Young Child event. On Tuesday, April 17 from 6:30-8:30pm we offered a professional development opportunity titled, “Flip the Script: Teaching Caregivers to Take Care of Themselves”. Forty-five early childhood professionals joined us for this class, facilitated by Diana Shaw and Sarah High, KidSquad Mental Health Consultants. Participants learned about the importance of self-care and discovered some practical ways to fit self-care into their regular routine. All participants were given a copy of *The Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace* as they left the class.

