

"The Face of Childhood is Changing"

...is part of the concluding comments by Mary-Catherine Bailey-McKenna in a new webinar linked here. <http://bit.ly/1eJO3dO>

Mary-Catherine is the author of Caring Adults Helping Kids book series, with its first title, ***Instead I...*** now in its second printing. CSRI asked Mary-Catherine to introduce the themes and concepts in her book, a bright and engaging story about a day at school. The colourful pictures and simple story lines connect with young children's realities as they navigate daily realities, social interactions and with their developing capacity to respond to the stressors that they encounter, some of which can build to a dysregulated and anxious state.

Instead I... provides a useful reference for kids, their parents, caregivers and teachers on the shared path toward social and emotional skill development by activating the self-regulation framework with its grounding in brain research and emerging understanding of children's development.

Mary-Catherine is a registered psychologist who has worked in private practice, non-profit therapeutic, and educational settings. Her background includes assessment and interventions with students and families, as well as support to teachers and school staff. She is trained in diverse approaches including EMDR, Neurofeedback, NLP, HeartMath, think-out strategies (cognitive), parent-child bonds (attachment), and trauma recovery. Further information regarding her books will be posted on the CSRI website and we look forward to more web sessions with her on the connection between her work and the self-regulation journey. For more information on Mary-Catherine, go to <http://www.ctc1990.com>, and click the following link for more about *Instead I...*