

TO: PARENTS, GUARDIANS & FAMILIES

ESCNJ PARENT SUPPORT PROGRAM

Supporting Your Child with Special Needs through Challenging Times

Where: Zoom/Virtual

Date: Tuesday, October 26, 2021

Time: 6:30 - 8:00 pm


Parenting a child with developmental delays can be incredibly challenging and rewarding simultaneously. Yet, during these uncertain and difficult times associated with COVID-19, supporting your child requires increased planning, support, compassion for oneself and others, and continued collaboration with school personnel. This is critical to re-establish the routine in the home, use downtime safely and productively, handle transitions, and minimize and address behavior and emotional issues. It is also important for parents to understand and manage their own stress and burnout. In this webinar, Dr. Selbst will address these topics and provide guidance to parents and guardians.

Presenter:

**Michael C. Selbst, Ph.D., BCBA-D
Behavior Therapy Associates**

**RSVP BY: Thursday, October 21 to Kellie Loss
at kloss@escnj.us to receive a Zoom link.**

(Please include the student's full name and school)



**"Taking care of yourself
doesn't mean me first, it
means me too."
– L.R. Knost**

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