

# ***Staying Cool, Calm, and Connected When Kids are Pressing Your Buttons***

presented by

***Martha B Straus, PhD***

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**Learning Objectives:** *As a result of participating in this Live Activity, participants should be able to:*

- 1 Describe the developmental importance of being your child's co-regulator first—so they can learn how to self-soothe later.*
- 2 Recall three of the child behaviors that are most likely to hook you and why they do.*
- 3 Implement a plan for staying grounded and present more of the time.*

**Accreditation Statement:** In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**Credit Designation Statement:** Hartford Healthcare designates this Live Activity for 1.25 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

**Financial Disclosures:**

- Martha B Straus, PhD: Nothing to disclose - 05/02/2023
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