

Free Webinars to Help Families Support Young Children’s Mental Health and Emotional Well-Being

This June, the Kane County Health Department is offering two free virtual webinars designed to help parents, caregivers, educators, and professionals better understand and support the mental health and emotional well-being of young children. The webinars will provide practical information and strategies for addressing common challenges facing families and young children, from caregiver stress and burnout to childhood grief, trauma, and separation anxiety.

Supporting Your Child Starts with Supporting Yourself

June 17, 2026, 10:00 am – 11:00 am

Caring for a child starts with caring for yourself. This free webinar, presented by Tammy Livingston, LCSW, I/ECMH-C, Infant and Early Childhood Mental Health Consultant, will help parents and caregivers better understand the connection between their own mental health and their child’s well-being, and offer tips for parental burnout prevention. This session is ideal for parents, caregivers, and anyone supporting young children and families.

What If You Don’t Come Back? How Separation Fears, Grief, and Trauma Impact Behavior and Development in Young Children

Hosted by All Our Kids Early Childhood Networks

June 25, 2026, 10:00 am – 11:00 am

Communities and families continue to face stress, uncertainty, and trauma, and young children are often deeply affected by these experiences. In this webinar, Tracy Patton, MS, Child Development Specialist and founder of Once Upon Some Messy Fun, LLC, will discuss how separation fears, grief, and trauma can impact children's behavior, emotional well-being, and development.

These webinars aim to provide families and professionals with tools to support healthy child development and emotional well-being during challenging times. Spanish interpretation will be provided for both webinars. Registration is free and required to receive the Zoom link. Learn more and register here:

<https://www.kanehealth.com/Pages/Health-Matters.aspx>

