



Backpack Training Webinar Series

10/13/21

Routines and Schedules: How to Help Your Child Transition Smoothly Between Places and Activities - How to Help Your Child Have a Successful Morning & Bedtime

11/10/21

Routines and Schedules: How to Help Your Child Manage Time and Understand Expectations - How to Use Visual Schedules to Help Your Child Understand Expectations

12/8/21

Emotions: How to Understand the Meaning of Your Child's Challenging Behavior

UPDATE: 1/19/22

Routines and Schedules: How to Plan Activities to Reduce Challenging Behavior

2/9/22

Emotions: How to Help Your Child Recognize & Understand Anger and Frustration

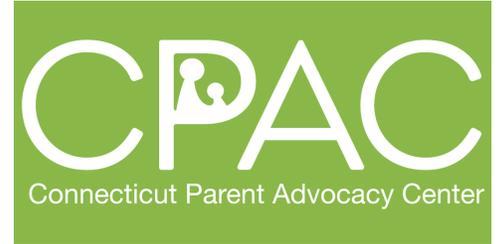
3/9/22

Teachable Moments: How to Help Your Child Avoid Meltdowns

4/13/22

Social Skills: How to Help Your Child Learn to Share, Trade and Take Turns

Presented By: Bethanne Vergean, Research Assistant, UConn Center for Excellence in Developmental Disabilities and Connecticut's Act Early Ambassador for the Centers for Disease Control and Prevention (CDC).



**Each training is on the
second Wednesday of
the month**

12:30-1:30pm

**Register for the
series here:**

<https://bit.ly/2Xnq4wW>

For questions or more information
please contact us at 860-739-3089
or email us at cpac@cpacinc.org