



Mental health in infancy and early childhood affects social functioning, psychological well-being, and physical health throughout life.

MindUP Program

The MindUP Program (www.thehawnfoundation.org) was developed for use with Pre-Kindergarten to Grade 8 students. It is based on research in neuroscience, social and emotional learning, psychology, and mindfulness. The program involves teaching mindfulness, deep breathing, meditation, communication skills, positivity, mindful movement, using the five senses for information, coping with stress, sleeping well, and much more.

The goals of the program are to:

- develop attention skills
- increase environmental awareness
- strengthen positive social skills, e.g., empathy
- increase optimism and feelings of well being

The results of an evaluation of the MindUp Program for use in Kindergarten classes, conducted by the University of British Columbia, were presented at The Early Years Conference 2012. Overall, they found that the majority of children who participated in the program (over 80%) were more optimistic and positive, could make themselves happy, could hear and accept others' perspectives, helped others, and were using what they learned in their daily lives.

Pedrini, L., Schonart-Reichl, K., & Morris, P. (2012, Feb. 3-4). *Using the MindUp Program in the Kindergarten - An evidence based SEL program*. As presented at The Early Years Conference. The Development of Children's Mental Health: How Do We Become Who We Are? Vancouver, BC.

Rolling into Fatherhood: Dad's Guide for Fun with Your Baby

This resource highlights the importance of father-baby relationships. It provides fun, positive, nurturing ways that fathers can build relationships with their infants. This resource was designed specifically for fathers.

Cost: \$2.25 (US) per wheel. A complimentary resource is included: Baby Stages. A Parent's and Caregiver's Guide to the Social and Emotional Development of Infants and Toddlers

Available from Michigan Association for Infant Development:

13101 Allen Road, Suite 300

Southgate, Michigan 48195

Phone: 1-734-785-7700

www.mi-aimh.org/products/wheels/fhw



**Prevention Matters 2013:
Social Drivers of Childhood
Health**

Oct. 2-4, 2013

**TCU Place,
Saskatoon**

**The early bird registration rate is available until July 31.
Further information is available at www.skprevention.ca**

Please feel free to distribute this information to others. If you or someone you know is interested in the network, please contact Lee Hinton at: lhinton@skprevention.ca.

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