



The Glow Inside

Mental Health and Well-Being



By Elisa DiChristina, MSW, LCSW

& Jennifer Bross, Certified Personal Trainer, Black Belt in Self Defense

“Making the decision to have a child - it is momentous. It is to decide forever to have your heart go walking around outside your body.” ~ Elizabeth Stone

It is sometimes difficult to navigate the parental responsibility of keeping children protected while allowing the gradual implementation of the benefits of independence skill building. Research demonstrates that having ongoing conversations, strategies and safety practice sessions increase child safety outcomes. Our program is designed into three simple steps: 1. Normalize (the need for safety skills) 2. Empower and 3. Practice.

When it comes to safety, awareness and education is the key to prevention. It is important to lay the mental health well-being and safety foundation so the child has a positive outlook while becoming empowered. During the “Just In Case” Child Safety Course, the approach to child protection & safety is paralleled with other familiar prevention safety skills. For example, children are asked if they participate in fire drills in schools. They are reminded they practice fire drills “Just In Case.” Learning about stranger safety can be a scary subject for children. But relating it to a “Just In Case” scenario could help make it a bit less scary.

Nowadays, unfortunately, our children are participating in lockdown drills too. Why? Just In Case!

It is important to empower children so they have an idea of what to do if they find themselves in a dangerous or unfamiliar situation. Children learn that they meet and speak to strangers every day and how to navigate through those interactions. Also, who are some safe strangers we can go to for help? Lastly we use interactive training methods to teach the children to escape and remove themselves from uncomfortable or dangerous situations.

The program is taught in a warm, nurturing and non-threatening environment. Participation in the exercises is encouraged but not required, giving the children the option to join in when they feel comfortable.

We invite you to expand your child’s mental health toolbox by developing this “Just In Case” tool. It is likely your child will never have to use what they learn, however, it is comforting to know they have those tools, “Just In Case”!

“Just In Case” Child Safety Course Upcoming Class: Tuesday, March 21, 2017

Time: 6:00-7:00 PM

Ages: 5-8 years

Trainer: Jennifer Bross, Certified Personal Trainer,
Black Belt in Self Defense

Where: GlowHouse Kids
227 Wanaque Ave. Pompton Lakes

Phone: 973-850-6366

Cost: \$20 per child, \$15 for siblings
Pre-registration required

Website: GlowHouseKids.com



One hour session, half hour instruction & half hour Glow Free Play. The third Tuesday of the month. Class not held over the summer. The next four classes are March 21st, April 18th, May 16th & June 20th.