

Module 9: Interactions and Guidance

- c. Public health nurse
- d. School district special services
- e. Child protective services
- f. Special needs
- g. Others

5. **Find your own emotional release:** “When YOU become overwhelmed and drained, seek the counsel of a supportive friend or co-worker. Find someone you trust who will just listen and can give you the release you need to face the next day with an optimistic attitude.”*

*“From Exchange Everyday’ daily online article for September 5, 2012:

"Responding Professionally and Compassionately to Challenging Behavior" by Karen Stephens is the lead article in the **Beginnings Workshop** unit, "When Children are Difficult"