



Supporting Resilience in Richmond

A Symposium Celebrating Child Care Month for Early Childhood Educators, Child Care Providers and Parents

Saturday, May 2, 2026

8:00am–1:00pm

Richmond City Hall, 6911 No.3 Road, Richmond

8:00am..... Registration

8:30am..... Welcome and Presentations

10:15am..... Coffee and Networking Break

10:45am..... Presentations

12:45pm..... Closing Remarks

Featuring four presentations:

- Protective Factors for Supporting Children's Mental Well-Being
- Raising Brave Children: Helping Children Face Anxiety with Confidence
- The First 72 Hours: Practical Emergency Preparedness and Resilience for Caregivers
- Building Resiliency Through Play: The Case for Children's Outdoor Risky Play

Registration fee is \$15 plus GST, please visit richmond.ca/register, event ID #00511848. Participants will receive a certificate for 4 hours of professional development.

Organized by the City of Richmond
Child Care Development Advisory Committee



Workshop 1

Protective Factors for Supporting Children's Mental Well-Being

The BC Healthy Communities Society has created resources highlighting four protective factors that support children's mental well-being: social connection and belonging, participation, play and safety. This presentation offers a brief overview of the resources and explores how these conditions can be fostered within the community, particularly through high quality child care.

Chris Duggan, Manager, Community Social Development and **Annie Lam**, Planner 2 (Child Care) for the City of Richmond have over 50 years of combined experience specializing in early childhood education and child care. This presentation will share information by BC Healthy Communities Society (BCHC). BCHC is a non-profit organization supporting healthy community and well-being initiatives across British Columbia.

Workshop 2

Raising Brave Children: Helping Children Face Anxiety with Confidence

Young children can experience worry, hesitation and fear as they navigate new developmental challenges. While these reactions are a normal part of growing up, the ways adults respond can either strengthen children's confidence or unintentionally reinforce avoidance. In this practical and evidence-based presentation, Dr. Annie Simpson will help participants understand how anxiety develops in young children and how adults can respond in ways that build resilience, confidence and independence. Participants will learn strategies to help children take small "brave steps" when facing challenges. The goal is not to eliminate fear, but to support children in developing the skills and confidence needed to participate fully in school, relationships and everyday life.

Dr. Annie Simpson is a psychologist specializing in anxiety disorders and Obsessive-Compulsive Disorder in children and adolescents. She received her Ph.D. in School and Clinical-Child Psychology from the University of Toronto and is certified by the Canadian Association of Cognitive and Behavioural Therapies. Dr. Simpson works with children and their families to build practical skills that help young people face fears and develop resilience. She co-developed Confident Parents Thriving Kids—Anxiety, OCD in Children and Adolescents: The OCD Is Not the Boss of Me, founded Camp Brave, Canada's first intensive treatment camp for children with selective mutism and is a Clinical Associate in the Department of Psychology at Simon Fraser University.

Workshop 3

The First 72 Hours: Practical Emergency Preparedness and Resilience for Caregivers

Emergency preparedness and resilience is no longer just a best practice—it is a necessity we must build into our routines, replacing panic with muscle memory. This presentation designed for child care providers, parents and caregivers will discuss the current trends in emergencies, review key steps to building an emergency preparedness plan and discuss what to expect during the first 72 hours following an emergency.

Jennifer Hayes, Emergency Programs Coordinator with Richmond Fire-Rescue, Emergency Programs Branch specializes in community engagement—helping residents and local partners build practical emergency preparedness skills through presentations, public events and community partnerships.

Workshop 4

Building Resiliency Through Play: The Case for Children's Outdoor Risky Play

Children are naturally drawn to risky play—to take physical chances, to seek excitement and to satisfy their curiosity. The Canadian Paediatric Society recommends outdoor risky play and recognizes the many developmental benefits this form of play has on children's health, development and well-being. It is our collective responsibility to encourage and support outdoor risky play, however, it can be challenging to know where to start. This presentation will provide practical ways to encourage outdoor risky play and how to create engaging spaces for children to get messy, be bold and discover what they're truly capable of.

Rachel Ramsden is a Research Coordinator at the Outside Play Lab at the BC Children's Hospital Research Institute and a PhD Candidate in the School of Population and Public Health at UBC. Her research investigates children's outdoor play movements, behaviours and perspectives to understand how to support children's risky play outdoors in early childhood.

Children's Art Exhibition

The City of Richmond, the Child Care Development Advisory Committee and Richmond Public Library will be hosting a Children's Art Exhibition to celebrate Child Care Month.

The exhibition will be on display on the Community Art Wall of the Richmond Public Library (Brighthouse Branch) from May 1–31, 2026. To obtain more information, please email childcare@richmond.ca.