



2010 CONFERENCE AGENDA

Pre-Conference Agenda Monday Morning, March 15th

TIME	WORKSHOP TITLE	PRESENTER
8:15 - 9:00AM	Pre-Conference Attendee Registration/Check-In Only	
9:00AM - NOON	#P1 Parenting 2.0 Effectively Selecting Technology to Use in Parent Education	Dr. Susan Walker
	#P2 How To Be (Even More) Successful Working with Parents	Jim Van Horn
	#P3 Focus on Family Meals	Drew Betz & Shirley Broughton
NOON - 1:00PM	Lunch for Pre-Conference Attendees Only	

Conference Agenda Monday Afternoon, March 15th

TIME	WORKSHOP TITLE	PRESENTER
NOON - 1:00PM	Conference Registration/Check-In	
1:00 - 2:15PM	#C1 Keynote Presentation: Poverty 101	Dr. Donna Beegle
2:15 - 2:45PM	#C2 Networking/Facilitated Conversations	Drew Betz & Elizabeth Crary
2:45 - 3:00PM	Break	
3:00 - 5:00PM WORKSHOP A CHOOSE ONE WORKSHOP TO ATTEND	#C3 Video Game & Internet Addiction	Hilarie Cash
	#C4 Keeping Kids in Your Care Safe	Kim Estes
	#C5 Preventing Obesity by Using an Interactive Meal Planning Website	Martha Raidl & Rhea Lanting
	#C6 Modeling Parent Problem Solving in Parenting Class	Jody McVittie
	#C7 Effective Teaming: Enhance the Work We Do With the People We Work With	DawnDee Elliott
5:00PM	Conference Adjourns for the Day	



2010 CONFERENCE AGENDA

Conference Agenda Continues Tuesday Morning, March 16th

TIME	WORKSHOP TITLE	PRESENTER
8:00 - 8:30AM	Conference Registration/Check-In	
8:30 - 10:00AM WORKSHOP B	#C8 Transforming the Challenging Child: The Nurtured Heart Approach	Tina Feigal
CHOOSE ONE WORKSHOP TO ATTEND, CONCURRENT WITH WORKSHOP BC	#C9 Bringing Schools & Communities Together: Keys to Successful Kindergarten Readiness	Jacquelyn Keith & Jodi Wall
	#C10 Great Couple, Great Kids	Kathleen Dougherty
	#C11 Sexual Behavior in Children: When to Worry	Amy Lang
10:00 - 10:15AM	Break	
10:15 - 11:45AM WORKSHOP C	#C12 Using Media & Technology to Connect with Families	Tina Feigal
CHOOSE ONE WORKSHOP TO ATTEND, CONCURRENT WITH WORKSHOP BC	#C13 Working with Overindulgent/Anxious Families	Sarah ButlerWills
	#C14 Engaging Boomer-Age Volunteers in Early Care & Education	Denise Rennekamp & Michealla Sektan
	#C15 Empowering Parents of ADD/ADHD Children & Teens	Margit Crane
8:30 - 11:30 AM WORKSHOP BC	#C16 Developing Family Resiliency Through the Strengthening Families Framework & the Nurturing Parenting Programs	Vicki Lunghofer
CHOOSE ONE WORKSHOP TO ATTEND, CONCURRENT WITH WORKSHOPS B & C		
11:45AM - 12:15PM	Lunch	



2010 CONFERENCE AGENDA

Conference Agenda Continues Tuesday Afternoon, March 16th

TIME	WORKSHOP TITLE	PRESENTER
12:15 - 1:30PM	#C17 Keynote Presentation: Reaching the iParent: The Changing World of Technology & Parent Education	Dr. Susan Walker
1:30 - 1:45PM	Break	
1:45 - 3:15PM WORKSHOP D CHOOSE ONE WORKSHOP TO ATTEND, CONCURRENT WITH WORKSHOP DE	#C18 Kids & Chores: The Surprising Long-Term Benefits Research Has Found	Elizabeth Crary
	#C19 Stress Management Experiences for Parents, Caregivers, Educators, Families & Children	Jennifer Crawford
	#C20 Practical Resources for Tough Economic Times	Chris Koehler
3:15 - 3:30PM	Break	
3:30 - 5:00PM WORKSHOP E CHOOSE ONE WORKSHOP TO ATTEND, CONCURRENT WITH WORKSHOP DE	#C21 Combining Online Parenting Classes with Instructor Led Discussion	Kathy Slattengren
	#C22 Move More, Eat Smart Shaping Children's Healthy Habits	Christina Reyes
	#C23 Finding & Evaluating Online Parent Education Resources	Jane Lanigan
1:45 - 4:45PM WORKSHOP DE CHOOSE ONE WORKSHOP TO ATTEND, CONCURRENT WITH WORKSHOPS D & E	#C24 Stress is a Marble - Spin it Away & Prevent Stress Rather than Managing or Eliminating it Once it Arrives	Marta Pearson
5:00 PM	Conference Adjourns - Travel Safely & See You in 2011	



2010 CONFERENCE DESCRIPTIONS - PRE CONFERENCE

#P1

PARENTING 2.0 EFFECTIVELY SELECTING TECHNOLOGY TO USE IN PARENT EDUCATION

~ DR. SUSAN WALKER

Though increasingly important for educational success, technology in parent education must be selected to meet specific pedagogical needs and with consideration of the instructional context. In this workshop, we explore elements of the instructional goal, learner needs, instructor strengths and the learning context that dictate which and how technology is used. Participants will examine a range of technology tools for parent education and craft an individualized plan for selecting technology for practice.

#P2

HOW TO BE (EVEN MORE) SUCCESSFUL WORKING WITH PARENTS

~ JIM VAN HORN

Regardless of your work environment- whether in a school, a child care or an agency- working with parents is often very challenging. Interacting with different individuals requires us to "shift perspectives", which isn't an easy thing to do. Many times, we engage with others in ways that are comfortable for us, but not for them. This workshop will explore our emotional and cultural perspectives and how this affects our various interactions and expectations. We will explore cultural beliefs regarding, language, space, time and more. The whole group will spice up the pre-conference with examples, tips and ideas for avoiding cultural "slip ups" and strategies for recovering when they happen. Together we will learn how to form a collaborative relationship that allow us to build parents' confidence and family strengths.

#P3

FOCUS ON FAMILY MEALS

~ DREW BETZ & SHIRLEY BROUGHTON

Family Meals are a key component of healthy family life and have a proven impact on many positive aspects of child development. WSU Extension and the Washington State Dairy Council have been updating the Eat Together, Eat Better materials and a new focus on family meals have emerged. Participants in this workshop will learn about the 3 new parent education modules that focus on Cooking Together, Talking Together and Celebrate Together and experience activities from each module. Participants will be invited to pilot the modules if they are interested.



2010 CONFERENCE DESCRIPTIONS - CONFERENCE

#C1	KEYNOTE	#C2	GENERAL	#C3	WK A
POVERTY 101 ~ DR. DONNA BEEGLE		NETWORKING/FACILITATED CONVERSTATIONS ~ DREW BETZ, ELIZABETH CRARY & OTHERS		VIDEO GAME & INTERNET ADDICTION ~ HILARIE CASH	

A comprehensive understanding of the context, world view, learning and communication styles of families living in poverty is essential to breaking the cycle of generational poverty. What does living in poverty teach? What does it mean to be poor in wealthy America? Income, educational opportunities, and life experiences shape our communication and relationship styles and can create misunderstandings and missed opportunities for connection. Through sharing my journey out of “generational poverty,” my doctoral studies on generational poverty, and fifteen years working to interrupt cycles of generational poverty, I will frame the discussion of how our class/ diverse cultural experiences “program” us with values and expectations that shape our abilities to relate and communicate effectively across socio-cultural barriers. The concepts of how socialization and communication shapes education and job expectations, perception, identification, and motivation are addressed. This session will increase understanding of poverty and it is possible to break the cycle and help people to move forward.

This session is designed to provide individuals and entire networks opportunities for interacting, sharing information, and communicating about issues of joint interest. Participants can join a facilitated conversation, meet colleagues who share their interests and exchange resources.

This workshop will

- 1) Describe the signs and symptoms of video game and internet addiction
- 2) Explain the basic neurobiology of these addictions
- 3) Discuss the impact on child development of excessive use
- 4) Explain appropriate limits on time and content,
- 5) Discuss the challenges of following the safe guidelines suggested.



2010 CONFERENCE DESCRIPTIONS - CONFERENCE

#C4	WK A	#C6	WK A	#C8	WK B
KEEPING KIDS IN YOUR CARE SAFE ~ KIM ESTES		MODELING PARENT PROBLEM SOLVING IN PARENTING CLASS ~ JODY McVITTIE		TRANSFORMING THE CHALLENGING CHILD: THE NURTURED HEART APPROACH ~ TINA FEIGAL	
Learn easy to apply tips and tools that make safety lessons fun and not scary, even to children as young as two years old. Gain skills needed to spot red flag behavior and the confidence you need to respond to parents concerns about abuse and abduction		Parent Helping Parent Problem Solving is a "favorite" in parenting classes and gives parents practice solving their own problems. In this workshop the process will be modeled and then participants will have an opportunity to practice the process with supervision.		Ever wonder why typical parenting techniques don't work with some kids? Come and learn specific methods for kids ages 2-18 with ADHD, ODD, giftedness, attachment and sensory issues, or no diagnosis at all. We'll look at communication's effect on the child's physical body. Dramatically different approach, dramatically different results.	
#C5	WK A	#C7	WK A	#C9	WK B
PREVENTING OBESITY BY USING AN INTERACTIVE MEAL PLANNING WEBSITE ~ MARTHA RAIDL & RHEA LANTING		EFFECTIVE TEAMING: ENHANCE THE WORK WE DO WITH THE PEOPLE WE WORK WITH ~ DAWNDEE ELLIOTT		BRINGING SCHOOLS & COMMUNITIES TOGETHER: KEYS TO SUCCESSFUL KINDERGARTEN READINESS ~ JACAQUELYN KEITH & JODI WALL	
Participants will learn a visual method of planning healthy meals using a plate and the five food groups at the Healthy Diabetes Plate website. Nutritional and health benefits are included for each food group. Shopping and cooking tips will be viewed in five grocery store video clips.		Effective teams don't just happen. Participants will discuss the essential qualities and skills of effective teams and describe the impact that diverse learning and work styles have on communication and collaboration. Participants will review a range of learning and work styles through the use of a variety of hands-on inventories.		Participants will learn about the 1-2-3 Grow and Learn-getting ready for school program. It is a partnership between Fort Vancouver Regional Library and ESD 112 to improve children's readiness for school and improve transitions between the pre-k system and the K-12 system	



2010 CONFERENCE DESCRIPTIONS - CONFERENCE

#C10 WK B

GREAT COUPLE, GREAT KIDS
~ KATHLEEN DOUGHERTY

Knowing that a healthy couple relationship provides a powerful role model for the healthy development of children, how are family educators encouraging parents to grow as a couple? Learn how to facilitate the nurturing and strengthening of the couple relationship while helping parents become the best parents they can be.

#C12 WK C

USING MEDIA & TECHNOLOGY TO
CONNECT WITH FAMILIES
~ TINA FEIGAL

This workshop will explore ways that the presenter and participants have effectively used Internet, television, radio and print media to share information with families and alert parents about parent education opportunities. Best practices and barriers related to the use of various media will be discussed and examples shared.

#C13 WK C

WORKING WITH OVERINDULGENT/ANXIOUS
FAMILIES
~ SARAH BUTLERWILLS

- Parents who indulge too much based on their anxiety
- Examine parent's anxiety, overindulged children and their behaviors, and how to help provide structure for these family's while preserving their dignity
- Cognitive-behavioral approach to examining parent's intense cognitive distortions.

Overindulgence of children has become a serious issue leading children and teens to behave outside the norm, showing symptoms at the extreme, of conduct disorder. Many bright and loving parents, wanting to give all that they can to their children, end up with grave distortions, confusing love with overindulgence. Research has shown that parental anxiety is at an all time high, and when parents make decisions for their children from a place of anxiety, overindulged children may be the result.

#C11 WK B

SEXUAL BEHAVIOR IN CHILDREN:
WHEN TO WORRY
~ AMY LANG

In this interactive workshop you will learn: What's natural and healthy and when to worry, how to talk to kids who are playing this way, how to identify and prevent sexual abuse, common behaviors for each age group, how to keep the kids in your care safe – and you too!



2010 CONFERENCE DESCRIPTIONS - CONFERENCE

#C14

WK C

ENGAGING BOOMER-AGE VOLUNTEERS IN EARLY CARE & EDUCATION

~ DENISE RENNEKAMP & MICHAELLA SEKTNAN

Explore the opportunities and constraints of engaging baby boomers in meaningful work to improve early childhood education and care. Creating a successful intergenerational initiative begins with early childcare programs and boomers reframing their current views and practices.

#C15

WK C

EMPOWERING PARENTS OF ADD/ADHD CHILDREN & TEENS

~ MARGIT CRANE

Parenting a child with ADD/ADHD can feel like a full-time job! This workshop is designed to teach parents how to empower themselves, their children, and the support adults in their lives so that the children can be better served and can thrive.

#C16

WK BC

DEVELOPING FAMILY RESILIENCY THROUGH THE STRENGTHENING FAMILIES FRAMEWORK & THE NURTURING PARENTING PROGRAMS

~ VICKI LUNGHOFFER

Explore the research-based "Strengthening Families Through Early Care and Education" framework. Focus on program strategies to build the protective factors which develop family resiliency and decreases child abuse and neglect. You can make a difference in the lives of families.

The Nurturing Parenting Programs are useful for primary prevention programs as well as intervention and treatment programs. Explore the usefulness of various programs to meet your needs, whether home visiting or group education. Learn about current assessment tools utilized in the programs. NO materials will be sold in this class.

#C17

KEYNOTE

REACHING THE IPARENT: THE CHANGING WORLD OF TECHNOLOGY & PARENT EDUCATION

~ DR. SUSAN WALKER

Digital devices, social media, and interactive technologies have revolutionized the way that information is created, shared and used. And they have changed expectations for how information is accessed. We live in a 24/7 world and technology allows us to get information any time, any place, connect with others, and put our personalized spin on it. And this dynamic change isn't just experienced by individuals, but by those delivering services, including education and outreach.

Parents and parent educators are part of this revolution. Regardless of age, socioeconomic or parenting status parents are using technology in their everyday lives personally, for work, to learn about parenting and to do the work of parenting. And parent educators increasingly are finding interesting ways to use information technology in their work. Yet many face barriers, and all parent educators need to select technology appropriately as tools in effective instruction. In this presentation, we look at the changing face of parent education through information technology and identify effective ways to reach today's "iParent."



2010 CONFERENCE DESCRIPTIONS - CONFERENCE

#C18	WK D	#C20	WK D	#C22	WK E
KIDS & CHORES: THE SURPRISING LONG-TERM BENEFITS RESEARCH ~ ELIZABETH CRARY		PRACTICAL RESOURCES FOR TOUGH ECONOMIC TIMES ~ CHRIS KOEHLER		MOVE MORE, EAT SMART, SHAPING CHILDREN'S HEALTHY HABITS ~ CHRISTINA REYES	

Research has found that starting chores as a preschooler is the single best predictor of a child's success in his or her mid-twenties. We will look at what to expect at different ages, how to "grow a chore," how to get kids started and what to do when they resist.

Help parents discover ways to stretch their resources and problem solve financial difficulties using Internet resources. Most people don't like to discuss their financial situation with outsiders, even when they don't know where to find help. This workshop will give you a hands-on experience using web sites to help parents deal with financial issues. We'll also discuss ways to share this information with parents.

This workshop will present resources, ideas, curricula and research that promote physical activity/movement and healthy eating practices for 3 – 5 year olds in a variety of childcare and early learning settings. Participants will learn about childhood obesity trends; recommendations and best practices; prevention strategies; and hands-on, easy to incorporate concepts.

#C12	WK D	#C21	WK E	#C23	WK E
STRESS MANAGEMENT EXPERIENCES FOR PARENTS, CAREGIVERS, EDUCATORS, FAMILIES & CHILDREN ~ JENNIFER CRAWFORD		COMBINING ONLINE PARENTING CLASSES WITH INSTRUCTOR LED DISCUSSION ~ KATHY SLATTENGREN		FINDING & EVALUATING ONLINE PARENT EDUCATION RESOURCES ~ JANE LANIGAN	

In this session you will experience first-hand healthy stress relief for parents, caregivers, educators, families and children. Games, exercises, and techniques for increasing self awareness, managing your energy, strengthening communication with family members and youth of all ages will be addressed. All levels of experience and abilities welcome.

Teaching a seven week parenting course just got much easier! With the online Priceless Parenting class, parents go through a lesson prior to each meeting and arrive ready with questions, personal stories and parenting struggles. If parents miss a meeting, they can still get that lesson's content online.

The Internet is a wealth of information and misinformation. This workshop will focus on family-friendly evidence and research based resources that are available online. In addition, guidelines will be presented to help parents evaluate the information they are exposed to online and through other media.



2010 CONFERENCE DESCRIPTIONS - CONFERENCE

#C24

WK DE

STRESS IS A MARBLE - SPIN IT AWAY &
PREVENT STRESS RATHER THAN
MANAGING OR ELIMINATING IT AFTER IT
ARRIVES

~ MARTHA PEARSON

Learn language & skills that prevent stress as a means of managing better in these tough times. Then keep that calm state going by enhancing your ability to make healthy decisions that lead to positive solutions. Finally, join the "430 Goals Club™" & feel successful from day one.