

AM SESSION 10:20-11:35 AM

1. Part II: The Gift of Failure

Jessica Lahey, Author and teacher

The way we teach, mentor and parent children has a direct impact on their ability to learn, grow and thrive. In this session, Jessica Lahey will discuss how social emotional learning, adverse childhood experiences, trauma-informed interventions can transform learning for children at high risk of failure. She will also dive into the ways adults can foster intrinsic motivation in children through supporting their autonomy, boosting their competence, and creating connections built on unconditional support and love.

2. Successful Intervention for Challenging Behaviors

Stephanie Wright, Counseling Psychologist

Carmen Wargel

Learning to implement healthy, appropriate treatment interventions with fidelity, honesty, and an open mind is critical to success. Today we will discuss how to assess and address challenging behavior, emotional dysregulation, and getting the most out of therapy and intervention.

3. Helicopter Parenting: Problems and Solutions

Dr. Bernie Les

We are told that parenting is a tough job and that we should always keep trying. What happens when we try too hard? Helicopter parenting is defined as crossing the line from helper to handicapper. This presentation will identify the factors that lead us to over-parent and the damage it can cause. Things like lack of initiative, excessive guilt, shame, depression and even behavioral problems can be directly linked to this style of parenting. Also discussed will be specific ways this dynamic can be reversed and what to expect along the way.

4. Title: Human Trafficking: Awareness and Trends for Communities and Parents

Elizabeth Lucas, MSN, CNP, PMHNP-BC

Parents and communities have a valid fear of kidnapping, stranger-danger, and the potential trafficking of their children. This workshop discusses what human trafficking really is and what is needed to instill resiliency skills for trafficking prevention.

5. Fostering Your Child's Inner Geek

Gary Abud, Educational Consultant & Author

Janice Abud, Educational Consultant

The best way to ensure a child's academic success is to give them a love of learning. Find out how to spark a child's passions, expand their horizons and tap into their inner geek, so their education goes full 'STEAM' ahead!

6. Keeping Your Child Safe: Tips from a Trauma Nurse
Brooke Jamison, RN, BSN, Injury Prevention Coordinator

In this course, we will discuss the different stages of development and how safety concerns change as your child grows. Along with real patient case studies, we will touch on car seat safety, water/recreational safety, internet safety, distracted driving and so much more--all from the perspective of a trauma nurse. ***This workshop is not applicable for Social Work or SCECH credit hours.**

7. Sleep Slumber: How to get your whole family sleeping
Cindy Davies, MA, BC-DMT, The Holistic Sleep Center

Topics will include sleep development beginning in pregnancy through toddlerhood, biological function of sleep and Circadian Rhythm, sleep as a whole-family issue, creating a sleep-sanctuary in your home, developing a connective bedtime ritual, temperament and sensitivity and how they influence sleep, introducing pro-sleep diet and activity into you and your child's daily routine, and setting realistic expectations.

8. "Kids, it's time to talk to your doc": Learning ways to build resilience in adolescent youth
Dr. Elise Bognanno, Faculty Advisor
Jennifer Kowalski, Director of Behavior Medicine

This presentation, given by primary care doctors working daily with adolescent youth, will provide an overview of multiple risk factors for distress in adolescents, including recent research on the role of social media, technology, adverse childhood experiences (trauma), and changing views on gender and sexuality. Screenings and interventions for such adolescent distress are ideally conducted during an adolescent well-child visit. This concept, although with the notion of resilience as a protective factor for increased adolescence well-being will be explored. Finally, the presenters will conclude by providing participants with practical ways to help foster resilience in their children.

9. Baby Bingo and The Baby Poo Game
De'Andra Goldston, Strategic Partnership Representative
Bridget Hollingsworth, Director, Mid-Michigan Marketing

We will play two educational games, Baby Bingo and "What shall I do about my baby's poo?" These educational games will help to clarify the importance of prenatal and postpartum visits as well as tips on infant care. ***This workshop is not applicable for Social Work or SCECH credit hours.**

PM SESSION 12:35-1:45 PM

1. What is Vaping: Keeping Parents in the Loop
Dunya Barash, Program Supervisor-Community Organizer
Ryan Reblin, Community Organizer

This presentation will be an overview on vaping, what all of the devices look like, and the ingredients that are in the juice. We will also discuss how teens may be using vape pens to smoke marijuana.

2. Kids and Mental Health

Melissa Peters, LPC, NCC

Katheryn Lowe, LMSW

The presentation will teach what mental health is (including symptoms of common diagnosis) and the reasons it's so important to address. The conversation will include integrated care (physical and mental health) information, statistics around mental health, and the prevalence of substance use in kids. We will review ways a parent can support their child and model healthy habits, including teaching family coping skills. We will share red flags that may mean professional intervention is necessary. Community resources will be provided.

3. Healthy Relationships: Love is...

Sara Dobbyn, Director of Training & Communication, Turning Point

Jillian Cloutier, Sexual Assault Therapist/Children's Spec.

Participants will participate in an interactive workshop to learn more about intimate partner relationships. During the workshop, a relative spectrum activity will be completed. Parents will leave with skills to talk to their children of all ages about relationships, consent, and boundaries.

4. Feeding, Eating, and Succeeding Together (FEAST)

Lily Doher, RD

Many parents and caregivers know what to feed their children but issues arise when sitting at the meal table with a child who refuses to eat what is available or has poor mealtime behavior. This session will dive into the feeding relationship, the complex set of interactions that occur between adults and children as they engage in food selection, mealtime, and regulation of food intake-and provide parents with strategies for overcoming common feeding struggles. We will review how child development influences eating behaviors, understand parental and child roles in the feeding relationship, the importance of structure in eating, and how to manage sweets and treats.

5. Teen Speak: Building strong connections with your teen to reduce their risk

Dr. Jennifer Salerno, DNP, CPNP, FAANP

Chris Robinson, Residential Director/Consultant

Teens are different. From reliance on technology, social media pressures to be "perfect" and greater risks of suicide, sexually transmitted infections and substance use than ever before - it is even more important to build strong relationships with them. Given that 3 out of 4 of all serious illnesses and premature deaths in teens are caused by risk behaviors - many of which are preventable, connecting and communicating with your teen can quite literally save their life! Join this interactive session to gain a deeper understanding of why (and which) teens are most at risk, and learn communication strategies proven to build strong relationships and reduce risk. Walk away with strategies you can start using immediately!

6. Becoming a Good Listener

Jennifer Raybaud, CEO, The Serendipitous Soul

During this presentation, Jennifer Raybaud will help parents learn to become better listeners so that can help children feel more open and connected. This protective factor will help when dealing with difficult conversations that assist children in making healthier life choices. She incorporates a Mindful communication exercise so that the participants get to interact with one another testing out some of their newly acquired skills

7. Intro to College Savings Options Bonus: Teaching Kids to Save with a "make and take" budgeting bank

Amy Persyn, Marketing Director-Financial Literacy Enthusiast
Vince Petitta & Jason Mlynarek , Financial Consultants

This presentation is designed to inform participants on the different options available to those interested in how to save for college/higher education. Advisors will be on hand to answer individual questions and to provide resources. We will also introduce resources for families to become more financially literate and will provide attendees with a "make and take" budgeting bank for kids, elementary and middle school age. ***This workshop is not applicable for Social Work or SCECH credit hours.**

8. Run-Hide-Fight

Lisa Pettyes, Public Safety Officer, City of Fraser/Dept. of Public Safety

During this presentation, Officer Pettyes will cover the basic philosophy of how to respond during an "active shooter" or "active assailant" event. Officer Pettyes will discuss what is being taught at our children's schools, our churches, and in our business communities. Afterwards, a dialogue will be established for our parents to discuss what conversations that we can have with our children and how parents can best prepare our children for the unspeakable events that are occurring across our country every day.

PM SESSION 2:05-3:20 PM

1. Discovering JOY! Turning Stress into Your New Super POWER!

Gloria Sherman, Parent Educator

Parents are expected to have working knowledge of the emotional health of their children. Adults must know how to control their own emotions while maintaining a safe and calming atmosphere. Learn a variety of coping mechanisms to help eliminate negative stress and using the remaining stress to empower your greatness. Children need you to model healthy behaviors in order for them to grow up and become healthy adults.

2. Yay! Two Christmases!

Joe Gulino, Community Health Educator, CARE of SEM

Are you divorced, separated, or just co-parenting? Children transitioning into two household families don't care about two Christmases, they care about what's happening to their family. This presentation will help parents and caregivers make positive adjustments that will benefit the child as well as the new long-term relationship with your co-parent.

3. Surviving ADHD!

Jennifer Korzeniowski, Clinical Therapist

During this presentation, parents will get first-hand experience of the struggles for a person diagnosed with ADHD. They will also gain a better understanding of the screening tools used to diagnose, diagnostic criteria, and ways to overcome the challenges as well as effective strategies in treating ADHD.

4. Essential Skills Every Child Needs in Their Social Tool Box

Maria Dismondy, Author & Parent Educator

Children need to be taught important life skills such as problem solving, communication, and decision-making as they embark on their journey in school. Looking at the latest research, this workshop shares effective solutions to childhood issues such as bullying and will provide practical activities for at home or in the classroom.

5. The Power of Your Presence: Fostering Literacy from Birth

Dorothy Heitjan, EC Teacher/Speech Language Pathologist

Kristen DeVooght, Speech Language Pathologist

This presentation will feature an overview of the strategies for building your child's brain and language skills as presented in the book Thirty Million Words by Dana Suskind, M.D. We'll show you how Dr. Suskind's three key strategies: Tuning In, Talking More, and Taking Turns are powerful tools for you to set your child on the path to literacy success and, it turns out, it's never too early to start! Practical ideas and tips will be provided.

6. Digital Foot Printing: Setting a First Impression

Christopher Cox Behavioral Health Counselor

With social media use at an all-time high, it is important to learn the risks and benefits of such an ever-developing format. This workshop is geared towards ages 10 and up and defines what digital foot printing is and ways to leave a positive impression and avoid a negative impact on oneself. ***This workshop is not applicable for Social Work or SCECH credit hours.**

7. Managing your daughter's transition through puberty

Dr. Nicole Budrys, Pediatric and Adolescent Gynecologist

This presentation will delve into puberty and how to prepare yourself and your daughter for the first few years of periods and what is common for teens. We will look at the physical changes that she is going through and when to worry about either early or delayed puberty. We will also discuss how to have that uncomfortable talk with your teen about sex.

8. Great Parenting Skills for Navigating Your Kid's Personality

Wayne Jones, M.ED.

In this interactive seminar author Wayne Jones explains how fundamental differences among people are natural, good and can enrich our lives. He will use Personality Dimensions®, a temperament model, to help understand our innate way of behaving within the family structure. A knowledge of personality can lead parents to a better appreciation and acceptance of their children's behavior. Using this information, participants can move from

conflict to positive relationship building with their children. Join Wayne Jones in an exploration of the joys and challenges of parenting through the lens of temperament, discovering some parenting tips along the way.

**List updated February 13.*