



## NEWSLETTER

September 2009

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# 5<sup>th</sup> Annual Parenting Conference

## ATTENTION

Parents, grandparents, caregivers,  
ECE workers & childcare providers

Communities for Kids

## 5<sup>th</sup> Annual Parenting Conference

is happening

Saturday, October 24, 2009  
Parkway Elementary School, Penticton

and includes

- ☺ Keynote speaker
- ☺ 8 great workshops
- ☺ Delicious lunch and refreshments
- ☺ Tote bag full of resources
- ☺ Door prizes

All for  
\$20.00/person or \$30/couple

For information, call  
Lynn Cook (250) 496-5511, email  
[communitiesforkids@telus.net](mailto:communitiesforkids@telus.net) or  
visit [www.communitiesforkids.ca](http://www.communitiesforkids.ca)

### Keynote Address, Jeff Hay

The role of the father has changed dramatically in the last 20 years. Today, fathers are becoming more and more involved in the early years of their child's life – moving from the lonely role of punisher/protector to the exciting roles of nurturer, playmate and mentor. When your child is in trouble, are they running to Dad, or running away from him? By letting go of the traditional 'role' of the father, today's dads are creating a greater connection and stronger relationship with their child. In this exciting and entertaining keynote presentation, we will explore the changing role of the father and simple approaches, ideas, and tips to help dads (and moms) be more connected with their children. Special emphasis will be placed on creating strong father/daughter and father/son bonds.

Here are some comments from participants who enjoyed past conferences:

- ◆ "This is an amazing conference – all parents should do this. Thanks!"
- ◆ "Love coming to these workshops – well worth the travel and cost."
- ◆ "I will definitely come next year!"
- ◆ "What an excellent day! Thank you!"
- ◆ "An all around warm, friendly day. I will come again."
- ◆ "Everything was exceptional."

Communities for Kids, in partnership with Success by 6®, engages families and communities in children's healthy early development.

## Parenting Conference Workshop Choices

Attend any 3 of the following exciting and informative workshops

### **Mistaken Behaviour: Managing Children's Behaviour, Brenda Fisher-Barber**

Brenda's workshop is designed to help everyone who works or lives with preschoolers to better understand their behaviour, why it may be occurring, and how to manage difficult times.

### **Drumming Workshop, Bobby Bovenzi**

A percussion, singing, dancing and creative movement workshop. Activities include home-made instruments, and games like *The Roller Coaster*, *The Wave*, and *Ding Ding Dong*. Explore books that can be turned into rhythm games, and movement activities including *The Machine* and *Freeze*. Share ideas and create new ones as a team with Bobby!

### **Incredible Dads - from Good to GREAT, Jeff Hay**

When someone says, "Man, that guy is an incredible father!", what are they seeing, hearing, sensing? Dads help instill values, increase self-esteem, build social skills, teach compassion and develop resiliency. Come and learn how the involved father becomes the incredible father, uncover what SuperDads do, and learn how to incorporate these ideas into your life.

### **Yoga Playtime, Wildflower**

Through her years teaching yoga to babies, toddlers, preschoolers, educators and parents, Wildflower developed the gentle and playful Yoga PlayTime Program, to deliver stress relief, a limber body, focused mind, and a strong bond between child and adult.

### **Food F.L.A.I.R (Fun, Learning Activities, Information and Recipes), Corinne Valteau**

This workshop will give you the tools to create an environment that supports healthy eating in children. Learn how to make healthy eating a part of children's everyday learning, and how to promote healthy eating for the social, emotional and physical development of young children. (Note: This is a two session workshop)

### **Storyboards for Fun and Much More, Kelly Moog and Pat Buckland**

Uncover the wonder of storyboards and how they encourage active involvement with a story (or song), while you create two easy and fun storyboards to take home.

### **Anxiety and Children, Maureen Rosson**

Learn to recognize anxiety in young children; strategies to help reduce anxiety; how parents can help care-givers support their child with anxiety; and get resource information such as the internet, books and articles.

### **Pitfalls of Praise, Theresa Bouchard**

Wondering what really motivates children to learn, persevere, and succeed? Looking for ways to acknowledge your children for their achievements, accomplishments and contributions that will encourage them to be thinkers and leaders, be resilient, and have healthy self esteem? Join Theresa in this workshop

For more detailed information regarding workshops and presenters, please visit

[www.communitiesforkids.ca](http://www.communitiesforkids.ca) or call 250-496-5511

Send comments, suggestions, ideas and questions to [communitiesforkids@telus.net](mailto:communitiesforkids@telus.net) or call 250-496-5511.

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