



## ***PARTNERS IN PARENTING CONFERENCE 2010***

### ***DESCRIPTION OF WORKSHOPS & THE PRESENTERS***

#### ***A/F: BRAIN GYM***

*9:00 – 10:30 AND 10:45 – 12:15*

*GAIL BUCHNER*

There are three dimensions of the brain that correspond to movements, which facilitate easier learning and intellectual development. The Brain Gym activities help to strengthen our existing abilities and skills, helping us to understand how to utilize the whole brain, in turn, leading us to better communication, comprehension, and organization. This workshop covers the basics of Brain Gym and why it is important for all of us, especially growing children, to move.

“Noticing” is a skill that, as practitioners and parents, we can use to observe our children to see what they need to further their development. This ability will be taught in such a way as to connect the Brain Gym with the developmental reflexes. These techniques can help the children to be open to learning by encouraging the body to be calm and prepared, as well as organized.

Gayle uses Brain Gym with her Kindergarten class daily. She notes improvements in the behaviors and the academics. She will share how it is useful in this type of setting as well as share some of the valuable resources available. This is an active “hands on” workshop.

*Gayle received a teaching degree from the University of Colorado in 1972 and a Masters in Special Education at Gonzaga University in 1981. She has taught Kindergarten to University courses for teachers. For many years she has delivered programs for children having difficulty as well as regular classes. Gayle has been working professionally with children since 1975 and with adults since 1990, through her work with the Brain Gym.*

*Gayle loves to work with other teachers as well as families of challenged children.*

*We cover some of the important Brain Gym movements as well as other available programs. We will be moving so dress appropriately and have some water.*

### ***B/G: FASD FUNDAMENTALS***

*9:00 – 10:30 AND 10:45 – 12:15*

*LINETTE FARMER*

This 3 hour presentation is packed with information on the Brain! We will explore alcohol's effect on a developing fetus; thoroughly examine the primary and secondary symptoms of FASD; apply what we learn with fun activities; share strategies and accommodations that can make a real difference in our homes and ECD environments for children living with FASD. Bring your Brain and have some fun!

*Linnette Farmer is the Interior Region, FASD Coordinator and ECD/CYSN Community Development Advisor. She works closely with the MCFD funded Key Worker and Parent Support Initiative, Interior Health Children's Assessment Network (IHCAN) and the Provincial Outreach Program for FASD (POP FASD) as well as many other FASD initiatives in the region and province.*

*She has been working with children and families with disabilities for the past 15 years. Linnette's enthusiasm and passion for making a difference for those living with FASD is evident in her workshops. Linnette's presentation style is engaging and interactive with lots of activities, visuals and FASD accommodations to keep all different learning styles engaged. Linnette is also the proud coach of the Special Olympics Basketball team in Penticton for the last 3 years.*

### ***C: BEHAVIORS, ROUTINES AND INDEPENDENCE***

*9:00 – 10:30*

*TERESA BOUCHARD*

Is your toddler/preschooler having difficulty sharing? Curious why they keep saying "NO!?"? Do you have a child who insists they do things for themselves? Or a child who cries or has tantrums when they don't get what they want? Have a child who continuously asks "why?" Or wants your attention? "Look at me!" How about one who insists they get the first piece of cake, or that they are better, and faster than their friend. Join Teresa and learn why children behave in these ways and how to support them on their developmental Journey of Self.

*Teresa Bouchard, Occupational Therapist, wife and mother of 2 young boys, empowers parents to create the family life they want and gives parents, teachers, and childcare providers the tools and strategies they need in "Raising Respectful, Resourceful and Responsible Children".*

### ***D: STICKS AND STONES***

*9:00 – 10:30*

*LOUISE HECK*

Children thrive in a natural environment. Whether caring for your own children or working in a large centre, learn how you can use natural materials and landscapes to create natural play spaces for children both indoors and out.

*Louise Heck is a mother of four and a grandmother of 8! Louise is an Early Childhood Educator with Post Basic Special Needs and Infant Toddler certifications. She currently is Program Coordinator at the Boundary CCRR and works part time in an Infant Toddler Centre. Louise loves to garden and is still finds herself filling her pockets with rocks, pinecones and sticks whenever she goes out for a walk!*

***E: GAG YOUR NAGGING-*** *Improve communication and invite cooperation*

*9:00 – 10:30*

*PATRICIA MORGAN*

Do you hear yourself sounding like a pestering parrot repeating such phrases as “How many times do I have to ask you...?” “Don’t do that! ...” or “Be nice!” Learn some tested tips for making your message clear and effective.

You will:

- Identify your favorite nags
- Transform those nags into clear communication statements
- Learn a variety of alternatives to nagging.

*Patricia’s biography can be found under the keynote presentation*

***A/F: BRAIN GYM (continued)***

***10:45 – 12:15***

*GAIL BUCHNER*

*Workshop description in morning session, #A. This is a continuation of the first session.*

***B/G: FASD FUNDAMENTALS (continued)***

***10:45 – 12:15***

*LINETTE FARMER*

*Workshop description in morning session, #B. This is a continuation of the first session.*

***H: JUST A MINUTE:*** *It’s About Time! How children and adults view time differently*

*10:45 – 12:15*

*JANE GREEN*

This highly interactive session will focus on understanding how our choices about time sometimes differ from the choices our children would have us make. Understand your own “lens” on and relationship with time. Practice a 3-step strategy and learn four practical tools for more effectively navigating time and choices in different environments – on your own and with the children you care about.

*Jane Green, PivotPoint Coaching & Training, offers training, facilitation and coaching for people who are ready to take flight in their own lives. For over 25 years, she has worked as a leader in social service organizations and post secondary education. Jane teaches in the Classroom and Community Support Worker Program at Selkirk College and is active in her home community, sunny Grand Forks, as an advocate, staff trainer and writer in the areas of collaborative leadership, resilience and creativity. Jane is known for her creativity, advocacy, resourcefulness and cheerful optimism.*

***I: PITFALLS OF PRAISE***

*10:45 – 12:15*

*TERESA 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 Teresa as she shares the “Pitfalls of Praise” and offers more effective strategies that help motivate children to do well for themselves.

*Teresa Bouchard, Occupational Therapist, wife and mother of 2 young boys, empowers parents to create the family life they want and gives parents, teachers, and childcare providers the tools and strategies they need in “Raising Respectful, Resourceful and Responsible Children”.*

***J: PLAY MAKING***

*10:45 – 12:15*

*PERI BEST*

Art, Music, Poetry and Dance combine in your own unique Creation. The creative process has its inception in the chaotic state. In other words, making something out of nothing can be a rather messy business ...and that's OK. Giving ourselves permission to let go of expectation of results in order to discover parts of ourselves we never knew existed is a crucial key to creativity, yours and your child's. Come and participate in your own playmaking experience. Discover your innate childlike creativity and give yourself an experience you will want to share with others. We will make our own play, make the costumes and perform our creation all in the space of an hour and a half. Amazing!

*Peri Best started studying piano when she was five and performed on radio when she was six. She trained in music and ballet and at the age of 15 began performing professionally for CBC. She studied acting and voice at the Playhouse Acting School and had a 35 year career in theatre and teaching before coming to the country 18 years ago and embarking on a career as a healer . She continues to study Kinesiology and has a successful practice in Rock Creek and Grand Forks.*

***K: BRAIN INTEGRATION- to Improve Learning for Kids Of All Ages***

2:00 – 3:30

*PERI BEST*

The Brain Integration techniques we will be working with for learning enhancement stem from the integration of kinesiology's muscle testing and Eastern meridian and acupressure point systems. Peri will take you through a demonstration of the theory and practice of many of the approaches that are currently becoming available. We will explore the effects of the many different factors that affect brain function and learning including:

**Physiological** - development of neurons and the capacity for thought and moral choice in young children

**Nutritional** - what helps and what harms, supplements and foods

**Emotional** - the power of subconscious survival systems and loss of integration.

**Environmental** - light, electromagnetic effects, and pollutants

Peri will give an overview of each of these topics plus some helpful techniques that you and your child can do to enhance behavior and learning at all levels.

*\*Peri's biography can be found in session "J"*

***L: EARLY CHILDHOOD TOOTH DECAY? WHAT'S THAT?***

2:00 – 3:30

KARL GUNDERSON

Tooth decay remains five times more common than asthma in children and adolescents. Only the common cold, the flu, and otitis media (ear infections) occur more often among toddlers and young children. Tooth decay has an impact on all areas of child development and lifelong health. This presentation will provide an opportunity for care providers to learn about Early Childhood Tooth Decay; an important health problem for young children and how they can help its prevention.

As a public health hygienist, Karl's primary focus is on prevention of decay in young children. Although he claims he cannot make the workshop description any more interesting to read, he is sure to capture your full attention while sharing information with you.

***M: MIND GAMES - How understanding your learning style (and your child's) can lead to greater effectiveness in every area of your life.***

2:00 – 3:30

*JANE GREEN*

Understand how your brain is uniquely wired for learning and communication. Then use this awareness to navigate the many areas of your daily experience with a 7-step day-in-the-life approach. Once you understand your own wiring, you can support children you care about to understand and make more effective use of their own learning styles too!

*Jane Green, PivotPoint Coaching & Training, offers training, facilitation and coaching for people who are ready to take flight in their own lives. For over 25 years, she has worked as a leader in social service organizations and post secondary education. Jane teaches in the Classroom and Community Support Worker Program at Selkirk College and is active in her home community, sunny Grand Forks, as an advocate, staff trainer and writer in the areas of collaborative leadership, resilience and creativity. Jane is known for her creativity, advocacy, resourcefulness and cheerful optimism.*

***N: PRESSURE PROOFING- How to calm down and lighten up***

*2:00 – 3:30*

*PATRICIA MORGAN*

In this upbeat and practical ‘how to’ session you will learn to minimize unnecessary stress. Discover how to better manage emotions, thought patterns and physical discomfort while increasing your fun factor.

**You will:**

- Assess your distress (Frantic, Frenzied or Simply Fried?)
- Understand the difference between natural stress and unnecessary stress
- Learn how to limit and handle unnecessary stress
- Try out five relaxing 30 Second Quickies

*See Patricia’s biography in keynote presentation*

***O: NANKAMA WORLD BEAT...DRUMMING***

*2:00 –3:30*

*BOBBY BOVENZI*

Join Bobby Bovenzi, owner of Nankama World Beat Imports and Event Performances for an interactive rhythm and drumming experience. Participants will enjoy a fun filled session playing hand and stick drums, BoomWhakers TM and percussion instruments found in every home. We will also explore ways to incorporate rhythm into clapping, dancing and voice activities, as well using children's books as rhythm tools. Bobby's workshops generate great enthusiasm for learning percussion and leave participants energized and ready for more! More information about Nankama at [www.nankama.com](http://www.nankama.com).

## **KEYNOTE PRESENTATION:**

### **“SUNNY SIDE UP” Patricia Morgan**

*“**Patricia Morgan** is an author who specializes in strengthening resilience in individuals and organizations. Presenting to thousands of people each year, she is an international speaker with a Master’s Degree in Clinical Psychology. When you get **Patricia** you get practical how-to’s that decrease stress and miscommunication while increasing vitality, joy, productivity and workplace satisfaction. Plus she delivers her message in a fun, insightful and uplifting manner. As Patricia, the Bounce Back Expert, confidently affirms, “**You’re stronger than you think.**”*

***Patricia** has authored dozens of articles and several books including **From Woe to WOW: How Resilient Women Succeed at Work**. **Love Her as She Is: Lessons from a Daughter Stolen by Addictions** was featured on national radio and television. Other books include **She Said: A Tapestry of Women’s Quotes**, **Alberta Women Said: Wise Words by Wondrous Western Women**, **The Light Hearted Approach: 87 Ways to be an Upbeat Parent** and **Frantic Free: 167 Ways to Calm Down and Lighten Up** and **Gag Your Nagging: 101+ Ways to Communicate More Effectively & Enhance Family Cooperation & Harmony**.*

*Before becoming a professional speaker, **Patricia** had careers as an Early Childhood Educator, Parent Educator, Family Counselor, Therapeutic Counselor and Group Facilitator. With a Masters degree in Clinical Psychology she worked for organizations such as the Calgary Counselling Centre, Cambyr Agencies, Parent Support Association, Contemporary Woman Project and EAP provider. Patricia is a Certified Integrative Body Psychotherapist and a Certified Canadian Counsellor.*

***Patricia’s** inspirations, stories and solutions are developed from extensive research and training in positive psychology and resilience plus her experience as a career counsellor, group facilitator, agency director, and family and community woman. She says of her work, “I feel honoured to help people cope with challenges, strengthen their resilience and celebrate their accomplishments and possibilities.”*

***Patricia** is an active member of the Canadian Counseling and Therapy Association (CCTA), Women in Psychology and the Canadian Association of Professional Speakers (CAPS). Patricia was honored by Global TV and the Calgary YWCA as a **Woman of Vision.**”*

***Patricia will have books for sale at the conference***

***Also watch for our ever expanding trade show with books,  
toys, felt stories and more!***