

FRIDAY NOVEMBER 3rd 2017



FRIDAY AM KEYNOTE – VANESSA LAPOINTE: (2 ½ HRS)

Emotional Regulation: The Importance of Navigating the Ups and Downs of Emotions for Kids

Emotional regulation is what allows us to manage our impulses, calm swells of anger, and elevate us up out of sadness. But how does such a thing develop and what can we as adults do to nurture emotional regulation in growing children?

The science of child development has irrefutably shown that children grow into the capacity for emotional regulation as a result of how they are cared for by their important adults. These care-giving experiences literally soak in through their senses and emotions to become part of their neural circuitry. We will discuss how this happens, what you can do as adults to support such growth, and the long-term outcomes children will enjoy as a result!

FRIDAY AFTERNOON WORKSHOPS: Options A & B

A1 FRIDAY AFTERNOON WORKSHOP: (1 ½ HRS)

Mindfulness in the Workplace

Facilitator: Sarah Sinray, MSc., RCC

Maximum Registration: 75

A workshop exploring the current research about how mindfulness can help us enhance our own and other's well-being in the workplace. How pausing to come into non-doing can actually lead to more productive work, how attuning inwardly allows us to be more present for our teammates and effective communicators. In a world of constant connectivity, what effect is this having on our brains and well-being? How can understanding the research around attention, memory, emotion regulation inform our wellness practices in this rapidly changing world? Learn how mindfulness meditation is a form of inner attunement and listening that enhances all of our relationships, and helps children to regulate their emotions as well. Presentation of simple, practical, and short mindfulness practices from several Western Psychology frameworks such as Mindfulness-Based Cognitive Therapy, Mindful Self-Compassion, and Mindfulness-Based Stress Reduction as well as ones informed by current neuroscience research that equip you with tools to implement into your life and workplaces.

A2 FRIDAY AFTERNOON WORKSHOP: (1 ½ HRS)

Brothers and Sisters: Sibling Rivalry

Facilitator: TBA

Maximum Registration: 50

B1 FRIDAY AFTERNOON WORKSHOP: (1 ½ HRS)

Creating A Sense Of Nature With A Rock And A Drum

Facilitator: Aileen Tuck, CYFSW SD 68, CYC

Maximum Registration: 35

Did you know that you could create a sense of nature in any setting with a rock and a drum? Have you ever felt the earth move under your feet? Through experiential learning, Aileen will assist and engage you in active participation, on how a rock and a drum can bring relaxation, attachment and aboriginal culture into your clinical work with clients, your preschool or your classroom.

With the use of her drum and your hands-on participation, you may feel connection with the forest as if you were in it. Come experience and connect to mother earth, our aboriginal culture and your clients, all within a drum beat!

B2 FRIDAY AFTERNOON WORKSHOP: (1 ½ HRS)

Effective Advocacy – Strengthen Community

Facilitator: TBA

Maximum Registration: 50

A3 & B3 WORKSHOP: (3 HRS)**Adapting and Thriving – Key Role of Relationships in Promoting Resilience for Children and Youth****Facilitator: Vanessa Lapointe****Maximum Registration: 75**

Why is it that some children face adversity and challenge, and yet are able to develop and grow in the most amazing way? Although the answer is found, in part, by considering temperament, circumstance, and other individual characteristics/factors, there is also much to be understood about the process of *adaptation* beyond individual child characteristics. Most importantly, the key ingredient in the process appears to be the nurturing and supportive relationships that children have with their various “big people.” Related research suggests that it is this relationship and how it lives out in the adaptive process that allows children to adapt – or to be resilient. We will discuss how big people might nurture adaptation for the children they are growing up, the key components of the adaptive process, and the necessary “pre-requisites” that must be in place for adaptation to be primed. And through all of this, we will land on the bottom line - that every child who is understood and championed by one or more caring adults has the capacity to not only adapt, but to thrive.

A4 & B4 FRIDAY AFTERNOON WORKSHOP: (3 HRS)**Promoting Healthy Sleep for Children and their Families****Facilitator: Dr. Wendy A. Hall****Maximum Registration: 50**

This presentation will include evidence-based information about why sleep is important for children and parents, what sleep is about, recommendations for children’s healthy sleep duration, considerations about sleep and feeding, factors that promote and interfere with sleep, how to identify a sleep problem, and ways to improve children’s sleep. The workshop part of the presentation will focus on cases that represent families Dr. Hall has assisted. It will involve identifying problems from the cases and further areas for assessment, as well as potential interventions appropriate for the case to improve sleep.

A5 & B5 FRIDAY AFTERNOON WORKSHOP: (3 HRS)

How Trauma and Neglect Impact the Developing Brain: Why You Matter?

Facilitator: Jan Ference

Maximum Registration: 80

Learning outcomes for the workshop are as follows:

- What is the Neurosequential Model of Therapeutics, and how can today help you in your work?
- Definition of trauma/neglect how it can manifest in a child's behaviour and attachment systems....a look back at infancy.
- How does trauma impact the development and organization of the brain?
- How does our society and culture ignore our greatest biological gifts?
- Core Concepts: Intimacy Barrier, State Dependent Functioning and how it impacts learning, Developmental age versus chronological age, Co-Regulation, and Reward Neurobiology.
- Behavioural Approach versus Neurobiological/Developmental Approach.
- Practical Implementation and Application of concepts.
- Q & A

A6 & B6 FRIDAY AFTERNOON WORKSHOP: (3 HRS)

Kids are Stressed Too !!!

Facilitator: Linda Scott Ph.D

Maximum Registration: 40

While stress is a normal part of everyday life for all of us, too much stress can be overwhelming, especially for children who do not have the life experience and have few strategies to cope with stress. In addition, young children have different developmental capacities and needs, and their ability to handle stress depends on factors such as attachment relationships, self-regulation, and temperament among others. Evidence shows that sensitive and responsive caregiving from a parent or teacher can serve as a powerful buffer against stress, even in children who might otherwise be vulnerable to stress-system activation.

Parents, early childhood educators, teachers, and caregivers are children's most significant teachers: by example, they demonstrate ways of dealing with stress. This presentation focuses on ways that they can become more aware of and attuned to the signs and symptoms of stress in children and provides concrete and practical examples of techniques and approaches that have been shown to be effective in reducing and helping children learn to manage stress.

A7 & B7 FRIDAY and C7 & D7 SATURDAY WORKSHOP (This is a 6 Hr workshop over both days)

Facilitating Optimal Outcomes in Feeding, Growth & Development: A Multi-Lens Approach

Facilitator: Dianne Tower, MA, RS-LP, (C)

Maximum Registration: 50

In this two session interactive workshop, feeding development will be presented from multiple perspectives. Physiological regulation foundations, sensorimotor skills and the impact of the quality of the caregiver-child relationship will be explored. Video examples and case studies will be utilized to provide support in identification of factors that contribute to and sustain feeding and swallowing difficulties. Functional & relational strategies to facilitate optimal growth and development will be provided.

Learning Objectives

Upon completion of this workshop, the learner will:

- Understand the developmental progression of feeding skills within a sensorimotor framework.
- Recognize the importance of the parent-child relationship in successful feeding for optimal growth and early childhood health and wellness.
- Be able to incorporate strategies that support regulation and successful feeding with infants and young children.

SATURDAY NOVEMBER 4th 2017



SATURDAY AM KEYNOTE – VANESSA LAPOINTE: (2 ½ HRS)

Childhood Anxiety: When the Worry Monster Attacks; Understanding & Supporting Children Struggling with Anxiety

The prevalence of anxiety in our children has perhaps never been more prominent than it is currently. What has happened that our children are so full of worry? And what shifts need to occur for us as adults to be able to turn worry about the uncontrollable into wonder about the possibilities? As parents, teachers, and other ‘big people’ become increasingly concerned about their children and the functional daily impact of anxiety, our efforts can turn almost frantic as we try to glean helpful, supportive information from the unmanageable amounts available online and elsewhere. Too often this results in ‘quick fix’ approaches to ‘solving’ anxiety, rather than inviting a gentle, contemplative approach that is informed by the science of child development. This talk will focus on making sense of the world of anxiety for children as they experience it. We will discuss the roots of anxiety and use our understanding of such to inform knowledgeable responses and supports for the children we are growing up who might be struggling with too much worry. The goal will be to provide participants with a developmentally sensitive approach to understanding worry and transforming it into wonder.

SATURDAY AFTERNOON WORKSHOPS: Options C & D

C1 SATURDAY AFTERNOON WORKSHOP: (1 ½ HRS)

The Dance Of Attachment: Healing and Enhancing Essential Connections

Facilitator: Kristen Hilmoie M.Ed., R.C.C., R.P.T., C.P.T.

Maximum Registration: 50

Attachment is the deep emotional bond, a mutually synchronized relationship, which is formed between a child and one or more adults. A secure attachment is the foundation for healthy social, emotional and cognitive development and protects the developing brain. We have found that it profoundly influences every aspect of the human condition.

When the attachment relationship is disrupted or unhealthy, children may develop difficulties with anxiety, regulating emotions, trusting others (and themselves), developing empathy, social competency, learning, and many other significant concerns. However, what we know now is that it is never too late to repair attachment with children, to heal “the dance”.

In this 1 ½ hour experiential workshop, participants with therapeutic experience (or basic knowledge in attachment) will gain further understanding of how attachment develops and consider the how insecure attachment patterns impact the developing child. Participants will learn play-based therapeutic interventions and strategies for addressing attachment needs, building security, and promoting healthy and strong relationships.

C2 SATURDAY AFTERNOON WORKSHOP: (1 ½ HRS)

Autism Spectrum Disorder (ASD) and Learning

Facilitators: Leslie VanDusen & Elizabeth Martin

Maximum Registration: 75

This session will explore the core features of Autism Spectrum Disorder and associated learning challenges in the preschool and early elementary years. Topics include strategies to create a safe learning environment and proven strategies to develop literacy and numeracy skills.

C3 SATURDAY AFTERNOON WORKSHOP: (1 ½ HRS)

Creating A Sense Of Nature With A Rock And A Drum

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D1 SATURDAY AFTERNOON WORKSHOP: (1 ½ HRS)

Importance of Connection with Youth

Facilitator: TBA

Maximum Registration: 75

We're wired for connection: so, if teens don't experience that connection in a healthy way with the key adults in their lives, they'll connect with whoever else is available. If their experiences have shaped minimal expectations, they'll accept dysfunctional connections as normal. Youth need you in their lives just as much as they did as children. Explore the reasons why and how to stay connected in a genuine and health way.

D2 - SATURDAY AFTERNOON WORKSHOP: (1 ½ HRS)

Fetal Alcohol Spectrum Disorder (FASD) and Learning

Facilitator: Elizabeth Martin

Maximum Registration: 75

This session will explore the complexities of educating and supporting children with Fetal Alcohol Spectrum Disorder. Topics include understanding the core features of FASD and practical strategies that can be employed in the classroom, at home, and in the community to support children with the diagnosis.

D3 - SATURDAY AFTERNOON WORKSHOP:

Mindfulness in the Preschool and Elementary School Classrooms

Facilitator: Sarah Sinray, MSc., RCC

Maximum Registration: 75

A presentation of current research in the quickly burgeoning field of teaching mindfulness to children in schools. How this practice affects children's development, a sampling of some practices that can be taught to children of preschool and elementary school age. A survey of the options for training that exist for teachers to learn how to teach mindfulness to their students, as well as resources to develop one's own mindfulness practice, the starting place for teaching it to others.

C4 & D4 SATURDAY AFTERNOON WORKSHOP: (3 HRS)

Coerce or Collaborate:

A Punishment-Free Approach to Dealing with Challenging Behaviours

Facilitator: Dr. Don Duncan

Maximum Registration: 80

This workshop first reviews the traditional approach to managing challenging behaviour's in kids diagnosed with ADHD, ODD, etc. The traditional approach depends on contingency management or reward and punishment. After reviewing the strengths and problems associated with this approach the listener is introduced to an approach to dealing with unmet expectations developed by Dr. Ross Greene - Collaborative and Proactive Solutions.

This collaborative approach provides adults with a process to work "with" the child rather than "on" the child. The approach is more likely to lead to lasting solutions, is less likely to lead to "explosions", and is experienced by adults as relationship enhancing.

C5 & D5 SATURDAY AFTERNOON WORKSHOP: (3 HRS)

Being your Child's Natural Advocate

Facilitator: Kim Howland, Alana Cameron & Sarah Lee

Maximum Registration: 50

Community Parent Resource Society has developed and delivers a program to support parents in being their child's natural advocate while working at establishing and maintaining positive relationships between the adults involved with their child's educational success team. Though the focus is primarily on navigating and advocating within the education system, the skills and knowledge presented can also be used for navigating any system.

This workshop is an interactive learning session. Each participant will leave with a tool kit, and enhanced knowledge and skills in:

- BC Education System
- Parents Roles and Responsibilities
- Education Team Members Roles and Responsibilities
- How to Navigate the System
- Preparing for meetings
- How to advocate for your child while keeping positive relationships

C6 & D6 SATURDAY AFTERNOON WORKSHOP: (3 HRS)

Discipline without Damage: How to get your kid to behave without messing them up

Facilitator: Vanessa Lapointe

Maximum Registration: 75

When your child is threatening a meltdown in the grocery aisle, is it really possible to keep your cool, get the behaviour turned around, and support healthy development, all at the same time! Parents, guardians, caregivers and big people of all kinds will discover how discipline affects children's development, why our reactions to our children's behaviour should reinforce connection instead of introduce more upset, and why the disciplinary strategies that may have been used on us as children are not the ones that children really need. In addition, you'll learn:

- How the concept of "childhood" has been understood in different ways historically and why we must understand it anew today.
- The basic and impactful truth behind Dr. Vanessa's mantra "See it, feel it, be it."
- The foundation of a healthy, effective approach to discipline that respects your child's developmental needs... and works!