

KEYNOTE SPEAKER'S BIO

DR. VANESSA LAPOINTE – KEYNOTE SPEAKER FRIDAY & SATURDAY AM

Dr. Lapointe is an author, parenting educator and registered psychologist (British Columbia #1856) who has been supporting families and children for more than fifteen years. Author of *Discipline without Damage: How to get your kids to behave without messing them up*, a regularly invited media guest and contributor, educator and speaker, a Huffington Post parent blogger, and a consultant to research projects and various organizations promoting emotional health and development, Dr. Vanessa is known for bringing a sense of nurturing understanding and humanity to all of her work. She presently works in private practice and has previous experience in a variety of settings, including the British Columbia Ministry of Children and Family Development and the school system. Dr. Vanessa's passion is in walking alongside parents, teachers, care providers, and other big people to really see the world through the child's eyes. She believes that if we can do this, we are beautifully positioned to grow up our children in the best possible way. As a mother to 2 growing children, Dr. Vanessa strives not only professionally, but also personally, to view the world through the child's eyes.



FRIDAY AM – *Emotional Regulation: The Importance of Navigating the Ups and Downs of Emotions for Kids*

SATURDAY AM – *Childhood Anxiety: When the Worry Monster Attacks; Understanding & Supporting Children Struggling with Anxiety*

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!

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.