

5<sup>th</sup> Annual

# Childhood Conversations Conference

*“Growing Along With Your Children”*



Saturday, April 2, 2011

8:00 a.m. - 4:30 p.m.

Hartford/Windsor Marriott Hotel

28 Day Hill Road, Windsor, CT

*Featuring*

**Ivan C. Thomas**

*Motivational Speaker/Life Coach*



Breakfast, lunch, snack, free parking, and conference materials included.

Over 20 workshops!

For more information, contact Ken Anthony at (860) 730-2942 or [kanthony@ctafterschoolnetwork.org](mailto:kanthony@ctafterschoolnetwork.org).

Register online at: <https://commerce.cashnet.com/earlychildhoodconf>

WILLIAM CASPAR GRAUSTEIN  
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After School  
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*The Alliance for Bloomfield's Children*  
School Readiness, Discovery, and Family Resource Center Advisory Council



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Early Childhood  
Alliance



**CT-PEN**  
Connecticut Parenting Education Network  
[www.ctpen.org](http://www.ctpen.org)



## Agenda at-a-Glance

- 8:00 – 8:30 Registration/Breakfast
- 8:35 – 8:55 Introduction and Housekeeping: Ken Anthony, Director of Professional Development, CT After School Network  
Opening Remarks: David Nee, Executive Director William Caspar Graustein Memorial Fund
- 9:00 – 9:50 Keynote: Ivan C. Thomas, Motivational Speaker/Life Coach  
*Building a Strong Infrastructure Around Our Children: A Blueprint for Listening to Their Wants While Growing With Their Needs to Help Foster a Vision for Their Life*
- 10:00 – 11:45 A Workshops
- A1 We Cannot Give to Our Children What We Do Not Have Ourselves
  - A2 Helping Children Develop Healthy Sleep Patterns
  - A3 In the Blink of an Eye, Children Grow: What to Look For and Who to Turn To
  - A4 Listen to Me
  - A5 Rules without Relationship Result in Rebellion: Secrets for Creating a Foundation for Love, Limits and Lessons
  - A6 Mutt-i-grees® Curriculum
- 11:45 – 1:00 Lunch, Networking, and Vendors
- 1:15 – 2:45 B Workshops
- B1 The Role of Temperament Traits in Creating a “Challenging” Child (Part 1 of 2)
  - B2 Genuine Happiness
  - B3 The “Big Picture” of Influencing Autism (Part 1 of 2)
  - B4 Relationships 101: Keeping the Spark in Your Relationship After Children
  - B5 Raising Kids Bully Proof: Strengthening the Inner Child to Keep Them Safe
  - B6 Learn How to Effectively Advocate for Children and Families
- 3:00 – 4:30 C Workshops
- C1 Helping “Challenging” Kids Reach Their True Potential (Part 2 of B1)
  - C2 Theatrical Play Is Children’s Play
  - C3 The “Big Picture” of Influencing Autism (Part 2 of B3)
  - C4 Zumba: Not Just Exercise, but a Party!
  - C5 Money Doesn’t Grow on Trees: Teaching Young Children the Financial Facts of Life
  - C6 Facilitating Children’s Positive Experiences with Diversity
  - C7 People Empowering People (PEP)

## Agenda in Detail

### Keynote

#### Building a Strong Infrastructure Around Our Children: A Blueprint for Listening to Their Wants While Growing With Their Needs to Help Foster a Vision for Their Life

– Ivan C. Thomas

Get ready to be motivated to deal with even the most difficult child. Ivan C. Thomas uses his 14 years of experience working with elementary and secondary school-age children and youth to examine how we should approach and encourage them to talk about goals, hard work, and sacrifice. He gives adults a blueprint to build a strong infrastructure around our youth and strategies for discovering each child’s gifts and passions. Ivan has seen it all when it comes to kids, and his keynote address will motivate parents, educators, and other professionals alike to rethink adult/child communication.

### A Workshops

#### A1 We Cannot Give to Our Children What We Do Not Have Ourselves – Heather Lagace

Learn where the gaps are and how to fill them so that the relationship with your family is based on fulfillment, not deprivation. Participants will discuss how we can “grow up again,” developing the virtues we wish to see in our children as well as learning the balance of structure and nurture.

#### A2 Helping Children Develop Healthy Sleep Patterns

– Scott Noyes

The effects of children not getting enough sleep are astonishing. Sleep deprivation can have a serious effect on physical health and impairs our ability to think, handle stress, maintain a healthy immune system, and moderate our emotions. This presentation will review the facts about the importance of sleep and how to help children establish and maintain healthy sleep habits.

#### A3 In the Blink of an Eye, Children Grow: What to Look For and Who to Turn To – Luz M. Rivera

This workshop will outline the importance of early identification of behavioral and/or developmental delays, which is critical to the well-being of young children and their families. It will assist parents and community providers in monitoring children’s development from birth to age 5 using the Ages & Stages Questionnaires, Third Edition, an effective standardized screening tool.

#### A4 Listen To Me – Ivan C. Thomas

Do you think you know your child? Do you think you know what they think about you? Do you know what’s on the minds of our young people? This workshop will be a frank and open discussion on how to begin to listen more to our children. Participants will explore how empowering our young people to communicate can be fostered on a daily basis, techniques to get dialogue going, and ways to take charge when power struggles surface that often silence communication. Get ready to use your Listening Skills to better communicate with our children.

#### A5 Rules Without Relationship Result in Rebellion: Secrets for Creating a Foundation for Love, Limits and Lessons

– Bill Corbett

Before rules and consequences can be implemented successfully with children, a foundation of understanding and unconditional love must be set into place. Find out how, as a caregiver, to create a relationship with a child that will make discipline easy, effective, and awesome.

#### A6 Mutt-i-grees® Curriculum – Cathy Battista

The Mutt-i-grees Curriculum is a groundbreaking educational effort developed by the Pet Savers Foundation that teaches the next generation of children crucial social and emotional skills. Mutt-i-grees helps children become more kind, caring, and compassionate to their friends, families, and, of course, animals (Mutt-i-grees puppets are used as instructional aids). The program has been enthusiastically accepted in after-school programs for grades preK-3, including those with children who have social and emotional needs.



## **B Workshops**

### **B1 The Role of Temperament Traits in Creating a “Challenging” Child (Part 1 of 2) – Sandra Godin**

Discover the range of temperament, communication, and discipline that works with “challenging” personality types, especially for those children who are highly sensitive or have difficulty controlling their emotions. This presentation will explore the specific temperament traits that create challenging personality types and how to tap into these children’s true potential and create less combative environments. (Participants in this session are required to attend Part 2, Workshop C1.)

### **B2 Genuine Happiness – Scott Noyes**

Research is showing that qualities both do and don’t have an effect on our genuine happiness. Does making more money, staying healthy, getting as much education as possible, or living in a sunnier climate actually make us happier? Realizing that we are capable of changing our emotional satisfaction with life puts us in control of making choices that will alter the way we look at being human. How could these behaviors influence raising children? What can we do to develop authentically happy children? This presentation may change the way you look at happiness and how we teach others to be truly fulfilled.

### **B3 The “Big Picture” of Influencing Autism (Part 1 of 2)**

– Michael J. Weiss, Ph.D.

This session will illustrate the broad set of teaching and therapeutic strategies and methods that need to be in place to influence a child’s development. Consideration will be given to what should be in a productive IEP as well as to a variety of strategies to facilitate positive behavioral and social growth. Real-life videotape will be used to demonstrate these approaches so that the participants can be a “fly on the wall” watching instructional and therapeutic sessions with children on the autism spectrum. (Participants in this session are required to attend Part 2, Workshop C3.)

### **B4 Relationships 101: Keeping the Spark in your Relationship After Children – Heather Lagace**

Learn how to continue to make your relationship a good deal for both partners, even after having children. This session will explore the impact of parenthood on marriage, making necessary adjustments, taking time to stay connected, and learning your partner’s love language.

### **B5 Raising Kids Bully Proof: Strengthening the Inner Child to Keep Them Safe – Bill Corbett**

You’re not always going to be there for your children, and negative peer groups and bullies are waiting just around the corner. Discover simple techniques any adult can use to build children’s moral compass so they make smart decisions, avoid trouble and know when to walk away with confidence.

### **B6 Learn How to Effectively Advocate for Children and Families – Ann Pratt**

Participants will learn effective strategies for advancing policies that will expand early childhood opportunities for Connecticut’s children and families. Topics will include: choosing the right advocacy strategy for you and your community; successfully building and advancing a strategy that will get legislation passed; and creating and using effective, collaborative communication strategies.

## **C Workshops**

### **C1 Helping “Challenging” Kids Reach Their True Potential (Part 2 of B1) – Sandra Godin** See B1 for workshop description

### **C2 Theatrical Play Is Children’s Play – Hyla Crane**

Theatrical play is an important and useful tool for engaging children, helping them to learn and enhance their learning experience. This session demonstrates puppet work, performance pieces, and readers’ theatre, and participants will have a chance to engage in games to use in their various interactions with children.

### **C3 The “Big Picture” of Influencing Autism (Part 2 of B3)**

– Michael J. Weiss, Ph.D. See B3 for workshop description

### **C4 Zumba: Not Just Exercise, but a Party! – Kristin Brazalovich**

Zumba fuses hypnotic Latin rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away! Zumba’s goals are simple: to get someone to work out, love working out, and get hooked. This workshop will teach the four basic rhythms -- reggaeton, merengue, cumbia, and salsa -- and then apply those movements to fun music.

### **C5 Money Doesn’t Grow on Trees: Teaching Young Children the Financial Facts of Life – Faye Griffiths-Smith**

Money management is an important skill used by adults on a daily basis. Initiating basic financial education during the early, formative years can set a positive direction for a child’s developmental years. In this session, parents and professionals are encouraged to introduce children to key financial concepts while reinforcing their own financial knowledge.

### **C6 Facilitating Children’s Positive Experiences with Diversity – Lirio Negroni, Ph.D.**

In today’s society, children are continuously exposed to various forms of diversity. A goal of parents and educators is to create a sense of responsibility and awareness regarding the diversity that the children are currently experiencing. This session will cover how to communicate positive messages about diversity, develop awareness of the messages about diversity communicated to children, and learn new ways to facilitate positive experiences with diversity.

### **C7 People Empowering People (PEP) – Robin Drago-Provencher**

People Empowering People (PEP) is a personal leadership life skills program developed by the University of Connecticut Cooperative Extension System. Through this interactive workshop, participants are introduced to PEP and learn how it strengthens “natural leaders” who advocate, volunteer, and bring about change in their communities.

## *Presenters*

**Cathy Battista**, President of the Connecticut Family Resource Center Alliance and Director of the Meriden Family Resource Centers

**Kristin Brazalovich**, 40-year-old mother of four with boundless energy

**Bill Corbett**, Parent Educator, Author, and Founder of “Cooperative Kids”

**Hyla Crane**, Director of Programs and Learning, Stepping Stones Museum for Children, Norwalk

**Robin Drago-Provencher**, Parent Educator, Charter Oak Academy Family Resource Center, West Hartford

**Sandra Godin**, Parent of two, including one “challenging” child

**Faye Griffiths-Smith**, National Family Economics and Resource Management Chair, American Association of Family and Consumer Sciences (AAFCS)

**Heather Lagace**, Marriage and Family Counselor and Life Coach, and Adjunct Professor, University of Hartford

**Lirio Negroni, Ph.D.**, Associate Professor, UConn School of Social Work

**Scott Noyes**, Founder of “Empowering Programs”

**Ann Pratt**, Executive Director, Connecticut Early Childhood Alliance (CECA)

**Luz M. Rivera**, Primary Prevention Services Coordinator, Children’s Trust Fund “Help Me Grow” Program, a division of the CT Department of Social Services

**Ivan C. Thomas**, Motivational Speaker/Life Coach, Founder of “Unbreakable Motivation,” Author of “Listen to Me”

**Michael J. Weiss, Ph.D.**, Licensed Clinical Psychologist and Adjunct Professor in Psychology, Fairfield University

# CHILDHOOD CONVERSATIONS REGISTRATION FORM

The deadline for registration is **Friday, March 11, 2011**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone ( ) \_\_\_\_\_ E-mail: \_\_\_\_\_

.5 CEUs available from the University of Hartford

5 CECs available from the National Association of Social Workers (NASW)

Please check if you would like to receive  CEUs (*U of H*)  CECs (*NASW*)  
and provide your EIN: \_\_\_\_\_

FEE: \$30 (Parents/Students) \$50 (Professionals)

\$65 (to earn CEUs/CECs)

(Breakfast, lunch, snack, free parking, and conference materials included)

Check or money order only. Please make payable to **FCCNS**.

Confirmations will NOT be sent automatically.

- If you need confirmation, please send a self-addressed, stamped envelope with your registration form.
- No refunds without prior notice. No purchase orders, please.

Please mail completed form and check or money order to:

## Childhood Conversations

c/o First Congregational Church Nursery School  
10 Wintonbury Avenue  
Bloomfield, CT 06002

Please select your first and second choice for each workshop group shown below:

### Workshop A

- \_\_\_ A1 We Cannot Give to Our Children What We Do Not Have Ourselves
- \_\_\_ A2 Helping Children Develop Healthy Sleep Patterns
- \_\_\_ A3 In the Blink of an Eye, Children Grow
- \_\_\_ A4 Listen to Me
- \_\_\_ A5 Rules Without Relationship Result in Rebellion
- \_\_\_ A6 Mutt-i-grees® Curriculum

### Workshop B

- \_\_\_ B1 The Role of Temperament Traits in Creating a "Challenging" Child
- \_\_\_ B2 Genuine Happiness
- \_\_\_ B3 The "Big Picture" of Influencing Autism
- \_\_\_ B4 Relationships 101
- \_\_\_ B5 Raising Kids Bully Proof
- \_\_\_ B6 Learn How to Effectively Advocate for Children and Families

### Workshop C

- \_\_\_ C1 Helping "Challenging" Kids Reach Their True Potential
- \_\_\_ C2 Theatrical Play Is Children's Play
- \_\_\_ C3 The "Big Picture" of Influencing Autism
- \_\_\_ C4 Zumba: Not Just Exercise, but a Party!
- \_\_\_ C5 Money Doesn't Grow on Trees
- \_\_\_ C6 Facilitating Children's Positive Experiences with Diversity
- \_\_\_ C7 People Empowering People (PEP)

Discounted Hotel Rate for Participants: \$99

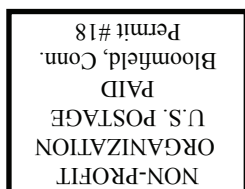
Contact the Hartford/Windsor Marriott Hotel directly at (860) 688-7500



Register Early! Capacity for this conference is limited!

Questions? Please contact Ken Anthony at (860) 730-2942 or [kanthony@ctafterschoolnetwork.org](mailto:kanthony@ctafterschoolnetwork.org).

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