

# Parent Possible Home Visiting Conference

IT STARTS WITH YOU

## Conference Program

The Westin Westminster  
April 25 - 27, 2018



**Welcome** to the Second Annual *Parent Possible Home Visiting Conference: It Starts With You*. We hope this conference gives you an opportunity to learn, share ideas, and connect with each other through the common goals we all share in working with families.

As home visitors, every day you strive to meet parents of young children where they are with programs that inspire parents and lead to long-term impact on young children's lives. You play a critical role in the lives of families and communities, where small actions have the potential to create big changes. We **thank you**, for your continuous dedication to these families and your hard work.



Thank you to our PAT National Center Representatives, Constance Gully and Phyllis McLafferty, and HIPPY USA Representative, Teri Todd, for traveling to join us for the conference!

## THANK YOU TO OUR CONFERENCE COMMITTEE

Katherine Bair, Parents as Teachers National Trainer

Deborah Butkus, Parents as Teachers National Trainer

Trisha Halencak, The Piñon Project

Kathy Kennedy, Starpoint

Olga Lopez, Growing Home

Emelin Medina, Catholic Charities Diocese of Pueblo

Lesa Nesbit, Families First

Janis Pottorff, North Range Behavioral Health

Sherry Price, Hilltop Resource Center

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Marion Batayte, Deputy Director

Rachel Breck, Data Manager

Jackie Cordova, HIPPY Program Director

Christine Fabian, Finance Director

Haley Garrison, Project Coordinator

Andy Lubansky, Vroom Program Director

Michele Provost, PAT Program Director

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Gail Wilson, Community Volunteer

Thomas A. Fitzgerald (Member Emeritus) Colorado PAT Pioneer

## WEDNESDAY APRIL 25

11:30 am	Registration/Sign-in Opens
12:00 - 1:15 pm	Lunch & Opening Remarks
1:30 - 2:30 pm	Workshop Sessions 1
2:45 - 3:45 pm	Workshop Sessions 2
4:00 - 5:00 pm	Workshop Sessions 3

## THURSDAY APRIL 26

8:00 am	Breakfast Begins
9:00 - 10:30 am	PAT & HIPPY Specific Breakout Sessions
11:00 - 1:00 pm	Award Luncheon & Keynote Speaker
1:00 - 1:30 pm	Ashley Rhodes-Courter Book Signing
1:30 - 2:30 pm	Workshop Session 1
2:45 - 3:45 pm	Workshop Session 2
4:00 - 5:00 pm	Workshop Session 3

## FRIDAY APRIL 27

8:00 am	Breakfast & Closing Remarks
9:00 - 10:00 am	Workshop Sessions 1
10:15 - 11:15 am	Workshop Sessions 2
11:30 - 12:30 pm	Workshop Sessions 3

## Wednesday Workshop Sessions 1:30—2:30 pm

### Fostering Healthy Mealtimes Environments and Relationships

Meadowbrook I

**Alexandra Lee & Heather Aguilar, Share our Strength's Cooking Matters Colorado**

This workshop is 2 hours, participants must attend the full length of the workshop.

In this interactive session, participants will learn strategies to facilitate positive mealtime environments and relationships in home settings. Participants will identify feeding milestones and adult-child feeding interactions that are developmentally appropriate and health promoting. Participants will become familiar with free resources they can share with families, parents, and professionals to promote positive early food experiences and proper nutrition. Participants will leave this session with practical strategies and an understanding of how adults can contribute to children's development of healthy eating patterns.

### Visit Tracker Tips & Tricks

Meadowbrook II

**Jen Kuchyt, DataKeeper**

This workshop will be tailored to Parents as Teachers supervisors and parent educators

Join a representative from Visit Tracker to learn about easy tips and tricks to help fully utilize the database to better support PAT programs. This workshop will include an overview of various Visit Tracker tips for participants to get the most out of their data, along with a Question & Answer portion for participants to ask specific questions they have regarding data entry, Visit Tracker reports, technical assistance, etc. Please come prepared with questions if planning on attending this workshop.

### Recursos y Experiencias Para Toda la Familia

Windsor

**Alberto Pellicer Ferrando, Denver Public Library**

Este taller será presentado en español (This workshop will be presented in Spanish)

Este taller explorará los recursos y actividades para familias disponibles en las bibliotecas del área metropolitana de Denver. Además, los participantes descubrirán cómo funciona el cerebro de los más pequeños y el impacto de las interacciones diarias con ellos. Si quiere aprender y pasarla bien, esta es la sesión que están buscando.

### EMBRACE Yourself: A Mindful Approach to Wellbeing

The Lake House

**Cathy McCarty, Clayton Early Learning & Kelsey Peterson-Hardie, Consultant, Learning & Talent**

In this workshop, Clayton Early Learning will share the exciting new program, EMBRACE: Effective Mindfulness, Building Responsive and Confident Educators™. In helping professions, secondary traumatic stress is an occupational hazard. EMBRACE offers a tangible approach for Educators to build their own emotional resiliency and reduce burnout so they experience renewal in their work and find support in their teams and community. Participants will experience hands-on mindfulness strategies and learn how to build an individualized practice that results in composure, clarity and connection, the elements that protect and buffer us, and those we work with, from adverse experiences. Additionally, participants will be equipped with tools to support children and their families with mindfulness strategies that build upon the skills required to be ready for school and that have lasting impact on their lives.

## Wednesday Workshop Sessions 2:45—3:45 pm

### Fostering Healthy Mealtime Environments & Relationships (continued)

Meadowbrook I

Alexandra Lee & Heather Aguilar, Share our Strength's Cooking Matters Colorado

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### Play is Serious Business: How Play Supports Early Development

Meadowbrook II

Sarah McNeil, Denver Public Library

This research-based workshop explores the critical role of play in infants' and toddlers' development.

Participants will learn how the brain develops and how play supports social/emotional, cognitive, language, and physical skill development. This training will focus on how to promote this development through play. Participants will have fun learning and sharing new play-based practices.

### Speaking Up for Infants, Toddlers, & Families!

The Lake House

Jacy Montoya Price, Colorado Children's Campaign & Christina Walker, Clayton Early Learning

As someone who works in home visiting, you know first-hand the impact and importance of programs to support growing families. Join us to learn how to most effectively share your experience and perspective with the policymakers who decide to implement, fund, and legislate home visiting and other programs that serve pregnant women, infants, and toddlers. We'll cover the range of opportunities to influence policy and to build public will with policymakers, the media, and your community.

### Strengthening Families Protective Factors: Parental Resilience

Windsor

Aaron Miller & Mary Alice Cohen, Colorado Department of Human Services

This workshop is 2 hours, participants must attend the full length of the workshop.

This interactive workshop will explore Resilience as the ability to recover from difficult life experiences, and often to be strengthened by and transformed by those experiences. Resilient parents have empathy for themselves and others and are able to keep a positive attitude, solve problems creatively, and take life's events in stride. Resilience isn't about how many bad things you experience; it's about how you respond to them. Parents who are more resilient will be able to take good care of their children when they are experiencing a crisis.

## Wednesday Workshop Sessions 4:00—5:00 pm

### Every Child Ready to Read

Meadowbrook I

**Brianna Austin, Denver Public Library**

This workshop explores the important role of parents as their child's first teacher and provides an overview of five familiar, everyday practices (talking, reading, singing, writing, and playing) that teachers, parents, and other caregivers can use to support early literacy skill development. Attendees will be provided with an understanding of early brain development, the importance of parental involvement in early learning, and practical tips on how to support children to become good readers.

### PICCOLO Panel Discussion

Meadowbrook II

**Marion Batayte, Parent Possible**

Join Parent Possible, Mountain Resource Center PAT, Boulder County PAT, and Clayton Early Learning HIPPY for a panel discussion on implementation of the PICCOLO observation tool. This panel will address successes, challenges, and strategies that these program sites have experienced in administering the tool with families. Participants will also have an opportunity to ask questions of the panel, which will consist of both supervisors and home visitors/parent educators. It is recommended that at least one person from each Colorado site attend this workshop.

### The Love & Logic Model

The Lake House

**Amy Cobb, Families First**

This workshop will cover the fundamentals of Love and Logic and offer Home Visitors knowledge, skills, and tips they can immediately share with their families. As a certified Love and Logic facilitator, the presenter will incorporate nurturing the parent-child relationship in order to enhance parenting skills. This workshop will include basic cognitive development and how to most effectively guide children's behavior. It is important to keep children engaged, and Love and Logic offers techniques to help parents do that. Once parents understand that they can set limits in healthy, calm ways and be able to follow through without it turning into a power struggle, the parent-child relationship strengthens.

### Strengthening Families Protective Factors: Parental Resilience (continued)

Windsor

**Aaron Miller & Mary Alice Cohen, Colorado Department of Human Services**

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## Thursday Workshop Sessions 9:00—10:30 am

### Parents as Teachers Specific Workshop

The Lake House

**Michele Provost, Parent Possible**

All Parents as Teachers supervisors and parent educators will participate in a session of various roundtable discussions and activities.

### HIPPY Specific Workshop- Telling Your HIPPY Story

Cotton Creek II

**Jackie Cordova, Parent Possible**

All HIPPY coordinators and home visitors will participate in a session of sharing stories about our journey in the HIPPY program.

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## Keynote Speaker: Ashley Rhodes-Courter

*The Power of One Person and Making a Difference: How One Person Can Change the Life of Another*



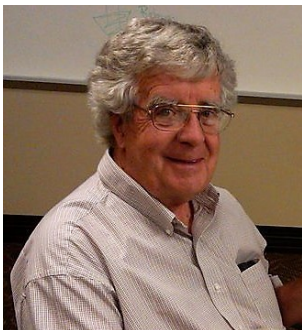
Ashley Rhodes-Courter, MSW is the quintessential American success story. Born to a single teen mother, by the age of 3 Ashley was in Florida's foster care system where she spent almost ten years being shuttled between 14 homes—some quite abusive—before being adopted from a Children's Home at the age of twelve.

Despite her ordeal, she excelled in school because she believed that, "my education was the one thing nobody could take from me." Early in her life she felt compelled to advocate for herself and the other children she lived with, particularly in the abusive foster homes.

Now a New York Times and International Best Selling Author, Ashley is an internationally recognized speaker on foster care, adoption, education, child welfare, human rights, families, youth advocacy, women's issues, and overcoming adversity. Her story, education, and personal experiences give Ashley a unique expertise on how we can improve outcomes for children, families, and youth. Similarly, Ashley is a tremendous inspiration because she has been able to turn her pain into power and productivity for herself and countless others.

## Thursday Awards Luncheon

### Thomas A. Fitzgerald PAT Parent Educator of the Year Award



This award is named in honor of Thomas A. Fitzgerald, who originally introduced Parents as Teachers to Colorado in 1989 as the Dean of the Lower School at Colorado Academy. Thomas has dedicated his career to improving education for children in Colorado, having been recognized numerous times for his innovation. He has continued his contributions to PAT by serving on the Parent Possible (formerly Colorado Parent & Child Foundation) Board since 2004. This award honors Thomas' passion and commitment to the work that Parent Possible and PAT Parent Educators across the state continue today.

### Bernice Frieder HIPPY Home Visitor of the Year Award



This award is named in honor of Bernice Seldin Frieder, both a co-founder and leader of HIPPY in Colorado, who passed away in 2015. Bernice's passion in advocating for Colorado children and families led her to play a vital role in the creation of Parent Possible (formerly Colorado Parent & Child Foundation). She worked tirelessly to establish new program sites and create strategic alliances, constantly engaging in efforts to improve and expand services to at-risk families. This award honors Bernice's diligence in beginning the work that Parent Possible and HIPPY Home Visitors across the state continue today.

### Erin Binford Social Justice Award



This award is named in honor of Erin Binford, who was the Senior Program Officer at Temple Hoyne Buell Foundation and passed away in 2017. Erin oversaw the grantmaking team, contributed to strategy development and assisted in the management of the Foundation's ongoing grantmaking and initiatives, working closely with the Parent Possible team, and HIPPY and PAT sites across the state for years. Active as a professional in philanthropy, Erin served on the Denver Foundation's Inclusiveness Project Committee, the Denver Great Kids Head Start Policy Council, and on the Colorado Statewide Fatherhood Council. With a passion for social justice, Erin was a founding member and served on the

leadership team of Colorado Funders for Inclusiveness and Equity, a voluntary effort of local funders who have an interest in advancing and promoting inclusiveness and equity.

### 2018 Parents as Teachers Blue Ribbon Affiliates

Catholic Charities Diocese of Pueblo & Growing Home

## Thursday Workshop Sessions 1:30—2:30 pm

### Engaging Fathers in Home Visiting: Lessons From Dads Matter

Cotton Creek II

Jennifer Bellamy, University of Denver

Fathers' participation in child and family services has the potential to boost mothers' engagement in interventions and extend outcomes; and positive fathering has been linked to important home visiting outcomes such as child maltreatment prevention. However, the field of home visiting has largely overlooked fathers' roles in the family. As a result, scant evidence is available to guide home visiting programs in best addressing fathers' roles in promoting positive child and family outcomes. This workshop will introduce participants to an enhancement to home visitation services that addresses fathers and their roles in their young children's lives, called "Dads Matter." Dads Matter is a manualized intervention designed to assess the fathers' role in the family to determine how he may best be engaged to build an effective, supportive, and productive co-parenting team with the child's mother. An overview of the intervention, specific tips and strategies for home visitors seeking to engage fathers, as well as emerging research demonstrating the effectiveness of this evidence-supported intervention will be provided. In addition, information about common challenges to engaging fathers, including concerns about family violence and the quality of the mother-father relationship will be addressed.

### Infants & Toddlers with Developmental Concerns: First Steps in Identification & Referral

Wayla Murrow, Early Intervention Colorado

Gray's Peak

This session will provide information on identifying developmental concerns in infants and toddlers and first steps in connecting families with the early intervention program in Colorado. Participants will learn how to spot red flags in development, strategies for talking with families about a concern, how to support a referral to early intervention and what happens after a referral is made. Throughout the workshop participants will be connected with resources that can support their continued growth in knowledge of child development, communication of families, and the system of early intervention in Colorado.

### Promoting Attachment in Home Visits

The Lake House

Katherine Bair, PAT National Trainer & Paige Stewart, Starpoint

This workshop is 2 hours, participants must attend the full length of the workshop

Participants will learn through a variety of presentation methods basic theories of attachment. These theories will come to life after seeing both videos of parents and children, as well as the opportunity for group discussion. After the principles of attachment are presented the group will be introduced to parenting behaviors that are interwoven with the Parents as Teachers curriculum, and discover ways these principles can be utilized to promote attachment in a home based setting. Participants will understand the basic principles of parent-child attachment, connect attachment principles with positive parenting behaviors, and plan strategies to utilize with families or to promote during reflective supervision.

## Thursday Workshop Sessions 1:30—2:30 pm

### Conversación con un libro: La lectura dialógica

Flatirons

Lupita Ramos, Denver Public Library

Este taller será presentado en español (This workshop will be presented in Spanish)

En este taller exploraremos el concepto de que la forma en que leemos a los niños es igual de importante que la frecuencia con que lo hacemos. Repasaremos la estrategia basada en investigaciones de la lectura dialógica para leer en voz alta a los niños pequeños, y también como utilizar esta técnica en casa o en el salón de clases. El objetivo es hacer de la lectura en voz alta una experiencia divertida y enriquecedora para los niños.

### Foundations of Early Childhood Social Emotional Development & Maternal Mental Health

Phuonglan Nguyen, Nancy Goodman, & Rachelle Woods

Longs Peak

Colorado Department of Public Health & Environment

This workshop is 2 hours, participants must attend the full length of the workshop

Healthy social emotional development and mental health in early childhood lay the foundation for overall health, well-being, and success in school and throughout one's life. Because children's wellness begins first and foremost with the relationships and environments in which they live and grow, it all starts with caring, stable, and nurturing relationships with their caregivers. This workshop outlines the building blocks for social emotional development in young children as well as ways to support new and pregnant moms' mental health. Participants will also learn about a new communication toolkit to raise awareness on the importance of early childhood social emotional development and a statewide education and public awareness campaign to combat social discrimination surrounding maternal mental health, especially for pregnant and new mothers experiencing pregnancy-related depression and anxiety. During the Q & A discussion, participants will also have an opportunity to share their experiences, successes, or challenges in addressing family mental wellness with a special focus on young children, and pregnant and new moms.

## Thursday Workshop Sessions 2:45—3:45 pm

### Working From the Heart: How Reflective Practice Supports Who We Are & What We Do

Sarah McNamee, McNamee & Associates, LLC

Cotton Creek II

This workshop is 2 hours, participants must attend the full length of the workshop

As home visitors, you are asked to sit with and provide support for families with infants and young children experiencing stress and/or trauma on a daily basis. Your role can feel draining, energizing, challenging, amazing, and so much more. When we add in to the mix who we are and what we've experienced in life, our feelings about our work and the people we support tend to amplify. It is by taking the time to slow down, reflect, and better understand our own needs, that we are then better able to hold space for those needing us. During this workshop, participants will talk briefly about the impact of trauma, as well as burnout and secondary trauma/compassion fatigue that can be experienced in home visiting. Most of the time will be devoted to reflective practice - what it is, how to use it, and what it feels like.

Jackie Cordova, Parent Possible

This session is required for all HIPPYCorps Members

We already know that HIPPYCorps members get things done, this session will help them identify strategies to complete service hours in a smarter way. Practical tips and tricks will be shared to maximize time and how to utilize resources to the fullest. Come ready to share your HIPPYCorps hacks and learn from others. Required for all HIPPYCorps members.

## Promoting Attachment in Home Visits (continued)

The Lake House

Katherine Bair, PAT National Trainer & Paige Stewart, Starpoint

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## Using Colorado Family Support Assessment 2.0 in Your Practice

Flatirons

Teri Haymond, Family Resource Center Association

This workshop will be for those who have already attended a Family Resource Center Association training on the Colorado Family Support Assessment 2.0 and have received a certificate. The presenters will give an overview of the assessment tool and address Frequently Asked Questions from the field. There will be opportunities for participants to ask their own questions and seek clarification or advice from their own experiences implementing the CFSA 2.0 into their practice. FRCA will bring practice scenarios for participants to do in role plays as a refresher from their last training.

## Foundations of Early Childhood Social Emotional Development & Maternal Mental Health (continued)

Phuonglan Nguyen, Nancy Goodman, & Rachelle Woods

Longs Peak

Colorado Department of Public Health & Environment

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Sarah McNamee, McNamee & Associates, LLC

Cotton Creek II

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### Family Financial Planning

Gray's Peak

Christine Fabian, Parent Possible

Home Visitors play a vital role in supporting families through connecting them with other resources in the community. Financial planning is a major obstacle faced by many families, and home visitors don't always know the most effective ways of helping these families navigate financial terminology, budgeting, or financial goal setting. This workshop will provide home visitors with an overview of basic tips and terms, a budgeting exercise, strategies to help families set goals, and a list of resources to further support families. Participants will also have the opportunity to ask questions and discuss various financial struggles that they have seen in working with families over the years.

### Incorporating Vroom in Home Visits

The Lake House

Andy Lubansky, Parent Possible

Advances in neuroscience confirm what many of us have long known: The first five years of life are critically important to children's future learning and success. Every time we connect with young children, it's not just their eyes that light up – it's their brains too. By turning routine, shared moments into brain building moments, Vroom makes it easy for parents and caregivers to have a positive impact on their children's brain development. Join us in this session to learn:

*How to use the free Vroom app and vroom.org, How Vroom's catalog of over 1,000 brain building tips can be incorporated into your home visits and role plays, How parents can use the tips to help their child refine skills like focus, patience, taking turns, and more.* To save time, please download the free Vroom app on your smartphone before the session.

### PAT Quality Endorsement and Improvement Process

Westin Boardroom

Michele Provost, Parent Possible

This session is exclusively for newly selected QEIP Parents as Teachers program sites in Colorado.

## Transitions Big & Small: Helping Families to Support Their Children During Change

Flatirons

Elaan Brudno & Arpita Kishen, Boulder County PAT

Change is inevitable in everyone's lives, even small children. Whether moving from one activity to another during the day, to starting a new school or day care, to dealing with major life events, transitions are unavoidable. Children benefit greatly when the adults in their lives utilize supportive strategies to help lessen anxiety and stress. Using simple transitional tools, effective communication strategies, and current information about children's neurological development, this workshop will provide parents and home visitors with what they need to make transitions more smooth and easeful.

## Building Social Connections BETWEEN Families

Long's Peak

Mario Soto, Families First

Estos presentadores son bilingües (This presenter is bi-lingual)

Home Visitation programs meet many needs of families from child development and parenting information to activities for parents to help their children grow socially and emotionally. However, many families remain isolated. This interactive workshop will explore the importance of social connections as a key protective factor to build strong families. Families who have strong social networks are less isolated and able to provide strong supportive environments for their children. The group will look at how to make meaningful connections between families so they can serve as resources and sources of support for each other.

## Friday Workshop Sessions 9:00—10:00 am

### Dads—What are They Good For?

Cotton Creek I

Bert Singleton, Families First

Fathers have always been respected and essential in the hierarchy of the family. In agrarian societies children, especially males, emulated their dads and followed in their footsteps by becoming farmers. During the industrial age, the father was revered as the head of the family and was the primary bread winner. However, today the role of being a father has become more marginalized, especially with families involved with Human Service Agencies. Do fathers still have a key role in the family structure? If so, how can human service programs validate, partner, and engage with fathers?

### Mommies, Babies, & Moods, Oh My!

Cotton Creek II

Alexandria M. Alfonso, UC School of Medicine; Kelly Stainback-Tracy, Denver Public Health; & Jennifer J. Paul, UC School of Medicine

This workshop is 2 hours, participants must attend the full length of the workshop

When exploring the concept of maternal mental health, the journey into motherhood is a critical period of transition with the potential for onset or exacerbation of psychiatric illness that must be considered. Perinatal mood and anxiety disorders (PMADs) are common and serious conditions impacting mothers during pregnancy, post-delivery, and, if left untreated, long after. It is estimated that one in five women giving birth each year experience mental health disorders that can significantly impact their ability to parent. This early period lays the foundation for not only later maternal mental health, but also child well-being and development beginning in infancy and continuing through toddlerhood to preschool and beyond. This workshop will provide an overview of perinatal mood and anxiety disorders as well as their impacts on mothers, parent-child relationships, family functioning, and child development.

## Friday Workshop Sessions 9:00—10:00 am

### MIECHV Data, Reporting, & Budgeting: All Your Questions Answered

Meadowbrook I

**Rachel Breck**, Parent Possible; **Julie Becker**, Colorado Department of Human Services; **Stacey Quesada, & Jessica Ruch**, Colorado Department of Public Health & Environment

Come to this workshop to have any and all of your questions about MIECHV answered! Staff from Parent Possible, the Colorado Department of Human Services, and the Colorado Department of Public Health and Environment will be available to discuss budgeting, data collection and entry, and reporting. If you have ever wondered where all the data you collect goes, what sort of results require an explanation, how the budgeting process works, or the impact MIECHV has on the state of Colorado, now is your chance to find out. There will be a very short presentation of 2016-17 MIECHV data with most of the time dedicated to answering questions from supervisors and home visitors.

### Securing Vital Resources for Colorado Families

Meadowbrook II

**Jennifer Gremmert**, Energy Outreach Colorado

Energy Outreach Colorado will provide a comprehensive overview of the organization's energy assistance and energy efficiency programs, mapping how public and private funding works together in Colorado to improve energy affordability and healthy and safety of homes. This workshop will also address barriers to entry for programs and how to overcome them. Participants will learn more about programs to help families make energy more affordable and how energy policy effects families.

### 3 Keys to End Yelling, Demands, & Disrespects

Windsor

**Mary Dravis-Parrish**, Simple Strategies for Family Living

Parents are faced with many demands as they do their best to raise their family. In the course of all those demands, it is easy to react in ways often regretted later. Even the best parents encounter feeling guilt and worry about the job they are doing. Children may react to their parents in ways that don't show honor or gratitude to their parents. The results for many families is a lot of yelling, exhaustion from all the demands, and feeling unappreciated for all that a parent does to bring success and happiness to their family life. The presenter knows very well how yelling, demands, and disrespect can create distance in family relationships. In this workshop, she will share with you 3 secrets that will turn your yelling into nurturing and empowering responses, allow you to meet the demands of parenting with ease, and gain respect from your children that creates deeper bonds.

## Friday Workshop Sessions 10:15—11:15 am

### Speaking with One Voice: 9 Ways to Grow Healthy Colorado Kids

Cotton Creek I

**Emily Bash, Colorado Department of Public Health & Environment**

People are bombarded by various health messages every day. How can we make sure our messages are heard, remembered, and effective in empowering families to take action? We can increase the visibility and repetition of our messages by speaking with one voice. We maximize our messaging when all public health programs, healthy care providers, early care and education professionals, and other partners work together to deliver consistent, accurate, and consumer-tested messages. Speaking With One Voice provides you with nine audience-tested early childhood obesity prevention messages and supporting content that address important healthy lifestyle behaviors found most promising in preventing overweight and obesity before it begins among Colorado's youngest children. This presentation will discuss the messages and supporting content that are specifically designed for the following populations: low-income pregnant women, low-income mothers, fathers and caregivers of infants, toddlers and preschool-age children, and low-income mothers and fathers who may or may not be planning a future pregnancy.

### Mommies, Babies, & Moods, Oh My! (continued)

Cotton Creek II

**Alexandria M. Alfonso, UC School of Medicine; Kelly Stainback-Tracy, Denver Public Health; & Jennifer J. Paul, UC School of Medicine**

**This workshop is 2 hours, participants must attend the full length of the workshop**

When exploring the concept of maternal mental health, the journey into motherhood is a critical period of transition with the potential for onset or exacerbation of psychiatric illness that must be considered. Perinatal mood and anxiety disorders (PMADs) are common and serious conditions impacting mothers during pregnancy, post-delivery, and, if left untreated, long after. It is estimated that one in five women giving birth each year experience mental health disorders that can significantly impact their ability to parent. This early period lays the foundation for not only later maternal mental health, but also child well-being and development beginning in infancy and continuing through toddlerhood to preschool and beyond. This workshop will provide an overview of perinatal mood and anxiety disorders as well as their impacts on mothers, parent-child relationships, family functioning, and child development.

### Working with the Immigration Coalition to Calm Family Fears

Meadowbrook I

**Adriana Quintero & Lorena Mendoza, The Family Center/La Familia**

**Estos presentadores son bilingües (These presenters are bi-lingual)**

With a lack of specific details about what undocumented families many face with the new administration, many families are anxious, fearful, wondering what to do, and if there is any way to prepare for the unknown. Participants attending this session will go through a process of understanding the special concerns of monolingual Spanish speaking families, how this impacts family functioning, and ways home visitors can direct some of the fear into meaningful action. Locally, our Immigration Coalition under auspices of the Fort Collins Community Action Network has come together to address this issue. Based on honest, factual information, attendees will review action steps families can take to prepare for possible change. Topics to be discussed include: documenting harassment, meaning of "sanctuary city," legal rights and advocacy, and Immigration Support Packet.

## Friday Workshop Sessions 10:15—11:15 am

### Importance of Movement

Meadowbrook II

**Lisa Dengerink, Denver Public Library**

We have learned that movement is important for kids development, but do you know why? Learn how movement develops the brain and why it is so crucial to a child's development. You will get yourself moving, learn ideas on how to get kids moving, and the science behind it.

### An Introduction to CoAIMH & the Infant Mental Healthy Endorsement

Windsor

**Jean Cimino & Ous Badwin, Colorado Association for Infant Mental Health**

Presenters will provide an overview of the Colorado Association for Infant Mental Health (CoAIMH), including the agency's mission and workforce development activities with specific relevance to home visitors, families, and administrators. The Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant Mental Health is a verifiable competencies-based process that recognizes specialized knowledge, training, and experience of professionals across disciplines working in the infant, early childhood, and family field. It is one of the first and most comprehensive efforts in the country to identify best practice competencies across disciplines and offer a professional development pathway. This workshop will cover the details and next steps for submitting a preliminary application!

## Friday Workshop Sessions 11:30 am—12:30 pm

### Dialogic Reading

Cotton Creek I

**Michaëlle Manzanares & Colleen Karberg, Clayton Early Learning**

This will be a skill building workshop for Home Visitors to learn how to engage parents and children in developing early literacy skills. This training will teach home visitors how to show the families they service how important reading to their children is. Home visitors will learn how Dialogic Reading works and how it has an effect on children's language development. How we read to preschoolers is important and this workshop will show how reading can transform into an engaging activity for the parent, child, and home visitor. The presenters will review techniques that turn reading into an interactive process involving thought, imagination, and discussion.

### Resources, Reminders, & Networking for PAT Supervisors

Cotton Creek II

**Michele Provost, Parent Possible**

Attendees at this session will explore and discuss PAT National Center's resources to enhance their work overseeing a Colorado PAT program. There will be opportunities to share and learn from other supervisors from PAT programs throughout the state. Session is only open to PAT staff that have supervisory responsibilities, including Lead Parent Educators.

## Laugh for the Health of IT

Meadowbrook I

**Sharon Montes & Mary Dravis-Parrish, Living Joy Now, Inc.**

This workshop will offer a brief introduction to the science of how laughter wellness supports health at multiple levels (mental, emotional, physical, and social), and is applicable to self-care as well as care for others. Participants will set individual priorities and learning goals for the workshop and will be facilitated through experience safe repetitions of integrative rhythmic/movement, breathing, positive reinforcement, and laughter exercises. The presenters will review simple Laughter Wellness practices that can be easily applied in daily life.

## Tools for Parental Resilience

Meadowbrook II

**Jennifer Richardson, Families First**

Home Visitation programs build many protective factors in families; from child development and parenting information to activities for parents to help their children grow socially and emotionally. Many of these families have experienced Trauma and Adverse Childhood Experiences (ACEs), which impede their ability to implement many of the parenting and child development tools and activities in our programs. This interactive workshop will look at parental resilience as a key protective factor to build strong families. Numerous researchers have concluded that how parents respond to stressors is much more important than the stressor itself in determining outcomes for themselves and their children. Parents are more likely to achieve healthy, favorable outcomes if they are resilient. This workshop will explore creative ways to help families manage stress and function well even when faced with challenges, adversity, and trauma.

## The Home Visitor's Role in Toilet Training

Windsor

**Brenda Shover, Family Connects, North Range Behavioral Health**

This workshop will provide information for home visitors to coach parents to coach their children through the toilet teaching experience. This will include signs of readiness, history of, cultural differences, and many tips to set the family up for success. Woven throughout will be offered a philosophical change in thinking to celebrate this outward sign of the child's growth and development. Participants will learn the signs of readiness, methods of potty training, and how encouraging a shift in thinking can have a positive result for children and parents.

# IT STARTS WITH YOU

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## 2018

