

2022 VIRTUAL PARENT POSSIBLE CONFERENCE

VIRTUAL SESSIONS ONLY ON FRIDAY APRIL 22, 2022

****ALL WORKSHOP TIMES SUBJECT TO CHANGE****

FRIDAY APRIL 22ND 2022

OPENING REMARKS | 9:00 - 9:15 am

WORKSHOP SESSION 1 | 9:15 - 10:30 am

Meeting Stress With Strength: Practical Ways to Deepen Resilience During Challenging Times

Jessica Gershwin, Heartful Roots

During times of prolonged stress, it is essential that we have the skills to access our internal reservoir of strength. In this experiential workshop, we will practice simple, yet powerful, exercises that remind us of our physical, mental, emotional, interpersonal, and spiritual strength so that we can continue to work with others from a place of resilience and presence.

Track: Health & Well-Being for Providers

Topic: Managing Job Stress

Language: English

Level: Appropriate for All

Life After AmeriCorps: Using your Segal Education Award

La vida después de AmeriCorps: El uso de su Premio Educativo

Danny Fisher, Serve Colorado, Jackie Cordova, Parent Possible, Sindy Pelayo, Parent Possible, Justin Nyetrae, Serve Colorado,

This workshop will be presented in English and Spanish / Este taller será presentado en inglés y español.

Life after AmeriCorps: Using your Segal Education Award will be a session about how to access your Segal Education Award, as well as the many ways you can use it. We will go through the MyAmeriCorps portal and talk about making payments. We will also discuss qualified institutions and non-conventional ways to use your Award. We will have a panel with HIPPYCorps members who have used their Award and they will be sharing their challenges and success.

La vida después de AmeriCorps: El uso de su Premio Educativo “Segal Education Award será una sesión sobre cómo acceder a su Premio Educativo “Segal Education Award”, así como también las muchas formas en que puede usarlo. Revisaremos el portal MyAmeriCorps y hablaremos sobre cómo realizar pagos. También discutiremos instituciones calificadas y formas no convencionales de usar su Premio. Tendremos un panel con miembros de HIPPYCorps que han usado su Premio y compartirán sus desafíos y éxitos.

Track: Innovative Program Strategies

Topic: AmeriCorps Specific Training

Language: English & Spanish

Level: Appropriate for All

Home to School Transition

Yolanda Willis, Landy's Consulting Services

To support parents and children as the child transitions from home to school.

Track: Parenting & Child Development

Topic: Child Development

Language: English

Level: Appropriate for All

WORKSHOP SESSION 2 | 10:45 am - 12:00 pm

Advocacy 101 for Home Visitors

Annalise Romoser, SCAN

Join Advocacy 101 to learn how you can help create change through advocacy. During this interactive workshop you will learn concrete skills for engaging in advocacy to help create change for young children. You will learn how to contact state and federal lawmakers, how to develop an advocacy message, how to connect with other advocates for early childhood, and you will have the opportunity to take an advocacy action.

Track: Innovative Program Strategies

Topic: Advocacy & Policy

Language: English

Level: Introductory

Advancing Equity, Diversity, and Inclusion as a Network

Patty Velasquez, Family Resource Center Association

In this workshop, participants will learn about FRCA's Equity Diversity & Inclusion 18-month planning journey aimed at building an engaged and representative FRCA Network that recognizes the importance of social, economic, health, language, and racial justice. Our goal is to strive to promote diversity and equity – and to be a model of inclusive excellence. We will share learning and development journey milestones, our process to develop an EDI action plan, and share key lessons learned.

Track: Innovative Program Strategies

Topic: Diversity, Equity & Inclusion

Language: English

Level: Appropriate for All

Getting out of your way!

Lakeshia Bell, Elements Of Life Coach, LLC

This is a workshop dedicated to one finding themselves, leaning how to avoid self-sabotaging behaviors and being a better you! The goal is to provide positive strategies that will help parents to stay on track, motivated, and balanced during parenting struggles!

Track: Health & Well-Being for Providers

Topic: Home Visitor Well-Being

Language: English

Level: Appropriate for All

KEYNOTE LUNCHEON | 12:15 - 1:15 pm

WORKSHOP SESSION 3 | 1:30 – 2:45 pm

Partnering with Parents: tips and tools for communicating with and supporting parents on best practices for feeding children.

Brigid Hunt, Cooking Matters - Share Our Strength, Elizabeth Alden, Cooking Matters - Share Our Strength

Cooking Matters focuses on children most at risk of hunger, providing food skills education to caregivers who affect eating habits inside the home and out. Early childhood is a time when access to nutritious food is integral to growth and development, and has long-lasting implications for

lifelong healthy relationships with food. During this session, nutrition and culinary experts will discuss the importance of partnering with parents to create a positive meal environment and help children establish good habits from a young age. This training provides tips for communicating with parents in a positive way, utilizing helpful language to guide families toward setting healthy and sustainable food practices. Workshop discussions and activities highlight tools that home visitors can use with content that includes cooking demonstrations, and addresses the use of recipe frameworks, picky eaters, choosing kid-friendly recipes and making mealtime fun.

Track: Health, Safety & Resources for Families

Topic: Healthy Eating / Active Living

Language: English

Level: Appropriate for All

Opportunities to Expand High-Quality Home Visiting Services for Immigrant and Dual Language Learner Families

Amanda Bent, Spring Institute for Intercultural Learning, **Khatira Amn**, Spring Institute for Intercultural Learning

This workshop will highlight Spring Institute For Intercultural Learning’s ongoing advocacy to improve access to high-quality home visiting services for immigrant and refugee Coloradans, particularly non-English, non-Spanish speaking dual language learner (DLL) families where at least one parent of a child under 8 speaks a language other than English at home. We will share insights gained from convening our DLL Early Childhood Education Stakeholder Group over the past two years and lessons learned through Spring Institute’s culturally responsive HIPPIY – Home Instruction for Parents and Preschool Youngsters program, where home visitors deliver services in Burmese, Karen, Pashto, Somali, and Swahili. What are the special needs—and strengths—within DLL communities and how can we craft policies and practices for home visiting that will support them in reaching their full potential during their early learning years and beyond?

Track: Innovative Program Strategies

Topic: Cultural Competency

Language: English

Level: Appropriate for All

Advancing Equity, Diversity, and Inclusion as a Network

Patty Velasquez, Family Resource Center Association

Este taller será presentado en español / This workshop will be presented in Spanish.

In this workshop, participants will learn about FRCA's Equity Diversity & Inclusion 18-month planning journey aimed at building an engaged and representative FRCA Network that recognizes the importance of social, economic, health, language, and racial justice. Our goal is to strive to

promote diversity and equity – and to be a model of inclusive excellence. We will share learning and development journey milestones, our process to develop an EDI action plan, and share key lessons learned.

Track: Innovative Program Strategies

Topic: Diversity, Equity & Inclusion

Language: Spanish

Level: Appropriate for All

WORKSHOP SESSION 4 | 3:00 – 4:15 pm

Partnering with Parents: tips and tools for communicating with and supporting parents on best practices for feeding children.

Brigid Hunt, Cooking Matters - Share Our Strength, Elizabeth Alden, Cooking Matters - Share Our Strength

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Cooking Matters focuses on children most at risk of hunger, providing food skills education to caregivers who affect eating habits inside the home and out. Early childhood is a time when access to nutritious food is integral to growth and development, and has long-lasting implications for lifelong healthy relationships with food. During this session, nutrition and culinary experts will discuss the importance of partnering with parents to create a positive meal environment and help children establish good habits from a young age. This training provides tips for communicating with parents in a positive way, utilizing helpful language to guide families toward setting healthy and sustainable food practices. Workshop discussions and activities highlight tools that home visitors can use with content that includes cooking demonstrations, and addresses the use of recipe frameworks, picky eaters, choosing kid-friendly recipes and making mealtime fun.

Track: Health, Safety & Resources for Families

Topic: Healthy Eating / Active Living

Language: Spanish

Level: Appropriate for All

The Great Motivator

Dr. Shenequa Pierre, Pierre's Perspectives

This workshop explores how parents can help children develop these characteristics essential for maximizing their potential at school. We explore what does and doesn't motivate children. We look at...

-How to build strong self-esteem with a realistic sense of the child's abilities and capacities, to encourage risk-taking and persistence, to build resilience, to encourage thinking for themselves and willingness to challenge ideas by what we pay attention to and how we speak to our children

-Giving children opportunities to develop creative and independent thinking by avoiding overscheduling so that they can have time just to be, to explore and to reflect as well as family time; we examine the types of toys and activities we provide, the need to limit time in front of a screen, and to not jump in to solve problems for them

-Building awareness of what values we are communicating, especially around success and results in academia, sports, and extra-curricular activities, and expecting other non-performance-related qualities like kindness. (We'll see that empathy actually has an impact on achievement too.)

Track: Parenting & Child Development

Topic: Child Development

Language: English

Level: Introductory Level

Lines in the Sand

Sadie Rose Pace, Illuminate Colorado, Missy Beglund, Illuminate Colorado

****This workshop is 2 hours long and will run until 5:00pm.**

Clear boundaries and limits are something we learn over time, through interaction and accepted patterns of behavior. How do we ensure that when our boundaries, or those of children and youth are violated, we stop a negative pattern of behavior from being normalized? Through education, vigilance and clear communication, we can minimize opportunity for child and youth victimization. This course will increase understanding of your own boundaries and prepare you to set clear expectations that lead to greater community safety. Illuminate Colorado receives funding from the Colorado Department of Early Childhood to support community members in reducing the prevalence of Child Sexual Abuse. Lines in the Sand: Identifying and Addressing Boundary Violations was developed to add to the spectrum of Child Sexual Abuse prevention courses available in the community. This course provides important context about setting boundaries and identifying behaviors that have been identified within the sexual grooming model.

Track: Health, Safety & Resources for Families

Topic: Child Injury Prevention / Home Safety

Language: English

Level: Appropriate for All

CLOSING REMARKS | 4:15 - 4:30 pm