

2020 PARENT POSSIBLE CONFERENCE WORKSHOPS

THURSDAY APRIL 16TH 2020

OPENING REMARKS | 8:00 - 8:45 am

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

ABC, Easy as 123: Parenting Tips and Techniques

Shenequa Pierre, The Resource Room

Learn five immediate steps you can take to gain and keep control of your HOME when disruptive behavior is serious and challenging. Identify and eliminate the “stress” triggers for both you and your child. Say goodbye to parenting gimmicks that create more work for you and reinforce misbehaviors for kids. Say hello to an approach that teaches behavioral expectations and academics simultaneously without providing a model to show kids how to take responsibility for their own behaviors.

Track: Parenting & Child Development

Topic: Discipline

Language: English

How Telling your Story Can Propel Change: Make a difference for children and families in Colorado

Laura Knudtson, Parent Possible, Annalise Romoser, Save the Children & Jennifer Spires, Save the Children

In this session participants will learn how to use their personal and professional experiences to effectively advocate for kids. Participants will gain new skills, practice specific advocacy tools, and will be provided with information that will allow them to participate in the policy process (at the state and federal level) to bring about change for children in Colorado and across the U.S. The workshop will include the “when, where and how” to participate in the policy process, the chance to join a state-wide network of advocates, and the chance to practice practical skills and engage in immediate actions to begin advocating for children. This is a hands-on, participatory workshop with opportunity to engage fellow workshop participants and presenters.

Track: Innovative Program Strategies

Topic: Advocacy & Policy

Language: English

Life After AmeriCorps: Using your Segal Education Award

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

Brian Wegner, SERVE Colorado, Kelsey Warren, Parent Possible & Jackie Cordova, Parent Possible

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

Prendan el Radio! Apoyar la Sintonización entre Guardián y Bebé.

Alexandra Alfonso, University of Colorado Anschutz Medical Campus

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

Los bebés nacen listos para comunicar información básica sobre sus estados de ánimo y necesidades a través de los gestos, movimientos, expresiones faciales y sonidos. La tarea de los guardianes es identificar, interpretar y responder a estas señales de manera adecuada. "Sintonización" es la capacidad de entender el mundo interno del bebé. Esto facilita respuestas cálidas y consistentes de los guardianes. Responder con "Sintonización", calidez, y consistencia promueve el desarrollo del cerebro al bebé, fomenta un apego saludable, y crea un modelo positivo para las relaciones con los demás y si mismo en el presente como en el futuro. Los guardianes con problemas de salud mental o que están sobrecargados psicossocialmente, son más probables de malinterpretar las señales de su bebé. También de responder en manera negativa o insensibles. Si esto ocurre una y otra vez, el bebé recibirá el mensaje que sus necesidades no son importantes o resultan en castigo, cual puede impactar su desarrollo, aprendizaje, y apego con los demás de manera negativa. Esta presentación proporciona una visión general de las señales de comunicación infantil. También se discutirán estrategias prácticas para evaluar y promover la sintonización, el desarrollo, y el apego entre los guardianes y bebé, durante las visitas domiciliarias.

Track: Parenting & Child Development

Topic: Parent/Child Relationship

Language: Spanish

Promoting Social Emotional Development in Infants and Toddlers

Katherine Bair, Parents As Teachers

During this interactive workshop we will examine social emotional development in infants and toddlers, which will include the importance of promoting connections between parents and children and the ways we can promote life long skills.

Track: Parenting & Child Development

Topic: Social Emotional Development

Language: English

Team Resiliency: How Boulder County Parents as Teachers does Self Care as a Team

Elaan Brudno, Boulder County PAT, Elise Silva, Boulder County PAT, Naomi Segel, Boulder County PAT, Claudia Gordillo Villa, Boulder County PAT & Eveling Rojas, Boulder County PAT

We can only help others to become resilient by being resilient ourselves. We encourage the caregivers to take care of themselves, yet as home visitors, caring ourselves can be one of the biggest challenges. As parent educators we hold a lot, do a lot, and mean a lot to the families that we work with. We are also all members of families ourselves, mothers, daughters, wives, and sister. Taking care of ourselves is a necessary but often neglected part life. The Boulder County PAT team had developed ways of caring for each other and helping each other to care for ourselves that help us to be the best parent educators and humans that we can be.

Track: Health & Well-Being for Providers

Topic: Home Visitor Well-Being

Language: English

The Perinatal Mental Health Continuum of Care: A Tool You Can Use

Kelly Stainback-Tracy, Denver Public Health & Emma Goforth, Tri-County Health Department

We all have a role to play in helping families find the supports they need to thrive. The perinatal period is a critical time to support the health and well-being of parents, caregivers, babies and families, and home visitors are well-positioned to play a part in this effort. In this session, we will describe perinatal mental health, its importance in infant development, and the multiple opportunities we have across systems and settings to support it. This session will introduce the Perinatal Continuum of Care as a tool for understanding opportunities to promote or address perinatal mental health. We will describe the role home visitors can play in supporting families by improving awareness of this issue, providing education, and referring to additional resources. Participants will be given time to explore the tool and create a plan of action for supporting perinatal mental health within the context of their home visitation program.

Track: Health, Safety & Resources for Families

Topic: Maternal Depression

Language: English

Turn Anxiety into your Superpower

Avani Gudrun, Natural Highs - Healthy Alternatives to Drugs & Alcohol

Many kids and adults are struggling with stress and anxiety right now. We often didn't learn how to respond to stress or overwhelm in productive ways and often feel alone with our day-to-day struggles. We understand the brain so much better now than ever before and in this presentation you will learn the latest science behind stress and anxiety. We will discuss and practice strategies that you can use in your daily life to manage stress and anxiety in productive ways. These strategies will change how you can deal with stress as a professional and will support you in working with your families. All these tools are practical so that you can immediately share them with your clients. They will support parents feel more resilient and be more present for their children.

Track: Health & Well-Being for Providers

Topic: Managing Job Stress

Language: English

WORKSHOP SESSION 2 | 11:00 am - 1:00 pm

3 Keys to Empowered Discipline

Mary Dravis-Parrish, Simple Strategies for Family Living

Are you ready to learn an effective way to guide children through disruptive and inappropriate behavior? In this class you will gain greater insights about various discipline methods and how they affect both adult and child. Learn 3 Keys that will allow you to offer empowering discipline with the children you interact with daily. Applying these keys will not only affect how you respond to behavior, but also give you additional ways to be with children that increase their self-confidence and self-acceptance. In this class you will receive the 3 Keys, a variety of examples for application, time to apply the keys to the situations you encounter, and take home a plan for how to use the keys in your everyday life to make them easy to apply.

Track: Parenting & Child Development

Topic: Discipline

Language: English

Cavity Free Kids for Home Visitors

Becky Edwards, Healthy Child Care Colorado & Sara Purves, Mountain Resource Center

Cavity free kids is a curriculum designed for use in home visiting programs, as well as other early learning environments, like library storytimes and play-and-learn groups. You will learn about lessons and activities that can be adapted to the ages and developmental stages of the children in your care. It includes a rich collection of activities, circle time activities, stories, and songs that actively engage children. You will also get activities, resources, and materials that make it easy for you to teach children and their families about the five basics of oral health: 1. Baby Teeth are Important 2. Water for Thirst 3. Tooth Healthy Foods 4. Brush, Floss, Swish 5. Going to the Dentist

Track: Health, Safety & Resources for Families

Topic: Child Injury Prevention / Home Safety

Language: English

Connected, Collaborative, and Co-created Relationships: An introduction to reflective practice and reflective supervision

Sarah McNamee, LCSW, MBA, IMH-E, McNamee & Associates, LLC

This session will provide participants with the opportunity to learn about Reflective Supervision/Consultation and engage in reflective practice. Reflective Supervision/Consultation involves a collaborative relationship that supports professional growth and can be a strategy to prevent compassion fatigue and burnout for those working in the early childhood field, including home visitors. Our time together will involve some contextual learning, as well as an experiential exercise, with the hope of creating a space where we all can take some time to step back, slow down, and build intentionality within our relationships to support our work with families.

Track: Health & Well-Being for Providers

Topic: Reflective Supervision

Language: English

Crisis Intervention Training for Families

Heather Haubenschild, Disability Specialist

I explain different levels of crisis (red, yellow, gray), how to identify each, what behaviors you expects to see in each, what to do and follow up with in each. I also teach parents to take a self assessment before responding to their child/ adolescent's behavior. Finally, I teach families to recognize "green moments" when the family is not in crisis and positive relationships can grow.

Track: Parenting & Child Development

Topic: Trauma-Informed Care

Language: English

Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood: An Overview of DC:0-5

Alexandra Alfonso, University of Colorado Anschutz Medical Campus

Children’s earliest experiences—positive and negative— impact their brain formation and in turn, their social and emotional, physical, cognitive, communication, and sensory and motor skills development. Promoting an optimal environment for brain growth is paramount to influencing healthy development. Conversely, certain negative early experiences (often referred to as adverse childhood experiences) have long-lasting and consequential impacts on health outcomes, educational performance, and even criminal justice involvement throughout children’s lives. The DC: 0-5 is a comprehensive diagnostic classification system of mental health disorders for infants and young children that is empirically based and represents best practices in the field of infant mental health. This tool guides assessment, clinical conceptualization, and treatment planning for the challenges facing very young children. Home visitors are in a unique position to promote infant mental health by supporting positive early relationships and buffering adverse life experiences by identifying them early and connecting families with resources/community referrals. Understanding the DC:0-5 and best practices in the field of infant mental health is important for home visitors and will enhance their work with young children and families. This presentation provides an overview of infant mental health; protective and risk factors that contribute to infant mental health; and the DC: 0-5. This workshop will also explore how knowledge of the DC:0-5 supports home visitors in promoting infant mental health.

Track: Parenting & Child Development

Topic: Child Development

Language: English

Facilitating Attuned Interactions: An Introduction to the FAN Approach to Engaging Families

Kelly Stainback-Tracy, Denver Public Health & Susan Huebner, Fussy Baby Network Colorado

This workshop will describe the Facilitating Attuned Interactions (FAN) approach developed at the Erikson Institute and utilized at Fussy Baby Network Colorado. The FAN is a model that supports early childhood professionals to engage with families by recognizing the family’s emotional state and offering time and space for family members to communicate their needs based on “where they are” emotionally. In this workshop, participants will be introduced to each core process in the FAN model: Empathic Inquiry, Mindful Self Regulation, Collaborative Exploration, Capacity Building, and Integration. Presenters will discuss how application of the processes enhances attunement between the provider and the family. Participants will learn to recognize when to use each process over the course of a visit to work effectively with families. Case examples will be provided to increase understanding of the FAN approach. Participants will also be given time to practice applying their knowledge using a video example.

Track: Parenting & Child Development

Topic: Parent/Child Relationship

Language: English

¡Sube los aspectos positivos, enseña habilidades de amistad, reduce el comportamiento desafiante!

Virginia Kile, Strategies for Learning llc, Allie Sutherland, Bright Futures for Children & Lupita Baltazar, Delta Family Center

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

Aprenda y practique las habilidades necesarias para reducir el comportamiento desafiante. Practicar contarle a los niños qué hacer y enseñarle a ser un amigo. Durante este taller interactivo y optimista usted aprenderá por qué estas habilidades son importantes para el niño ahora y en el futuro. Tendrá la oportunidad de practicar la enseñanza de los componentes claves de ser un amigo. Accesorios disponibles para enseñar las habilidades de amistad se proporcionarán para cada participante. Marque la diferencia en la vida de las familias a las que sirve. ¡Enseñar a los padres a aumentar las declaraciones positivas y enseñar habilidades de amistad a sus hijos!

Track: Parenting & Child Development

Topic: Parent/Child Relationship

Language: Spanish

LUNCH BREAK | 1:00 - 2:00 pm

WORKSHOP SESSION 3 | 2:00 – 3:15 pm

A Child's First Conversational Partner

Pedro Mendez, Denver Public Library

Children are designed to communicate from birth and depend on the adults in their life as conversation partners. Discover how we can support a child's language development and how communicating early in life is directly connected to a child's proficiency with later skills, from reading to understanding computers. Will review some data from Denver Public Library's LENA Start program that partners with parents and promotes the importance of early conversations and the shift in parent's perspective in regards to talking to their children.

Track: Parenting & Child Development

Topic: Reading & Literacy

Language: English

A Taste of Motivational Interviewing

Avani Gudrun, Natural Highs - Healthy Alternatives to Drugs & Alcohol

As an evidence-based practice, Motivational Interviewing has consistently shown positive outcomes in dealing with resistance and defensiveness. It has been used with populations where resistance is prevalent, including situations around mental health, substance abuse, and trauma.

Motivational Interviewing is an art and a philosophy – and it also provides a “tool box” of techniques and strategies to communicate more effectively in challenging situations.

Track: Innovative Program Strategies

Topic: Motivational Interviewing

Language: English

Beyond Parent Engagement: Importance of Parent Leadership in programming (Educare Model)

Kayla Frawley, Parent Ambassador Program, Clayton Early Learning, **Patricia Hernandez**, Parent Ambassador Program, Clayton Early Learning, **Ealasha Vaughner**, **Janelle Jenkins**, **Cammy Hagedor**, **Katie Joe Hug** & **Krystal Ramsey**

The Parent Ambassador Program is a part of the Educare model. Each of the nationwide six schools has unique qualities. Colorado’s chapter is housed at Clayton Early Learning where we have a versatile cohort of Early Head Start and Head Start parent advocates. Join Clayton Early Learning's Parent Ambassador team, 2 co-managers and 2 parents on strategies to involve parents in program development, parent advocacy opportunities at the capitol, and the importance of Parent leaders in our classrooms, communities and at state level policy. This workshop will include a panel of parents, interactive discussion & activities to build on how participants can seamlessly involve parents in leadership within their organization or program.

Track: Innovative Program Strategies

Topic: Recruiting / Engaging Families

Language: English

Building Stress Resilience Using Positive Choice for Self-Care

Construir Resiliencia Por Estrés Mediante la Elección Positiva Para el Autocuidado

Mary Dravis-Parrish, Simple Strategies for Family Living & **Sharon Montes MD**, Living Well Whole Health

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

In this interactive and fun workshop, you will learn to use the simple combination of Breath, Movement, Playful Sounds, and Positive Choice to manage stress in a healthy way. This combination produces energy flow and positive chemistry that creates improved MIND- BODY health within minutes. You will create your own personal “Resilience Recipe” that you can use anywhere and anytime. Included in this workshop is a self-care handout that you can use for yourself, your family and the families that you work with.

En este taller interactivo y divertido, aprenderás a usar la combinación simple de Respiración, Movimiento, Sonidos Lúdicos y Elección Positiva para manejar el estrés de una manera saludable. Esta combinación produce flujo de energía y química positiva que crea una mejor salud MIND-BODY en cuestión de minutos. Creará su propia "Receta de Resiliencia" personal que puede

utilizar en cualquier lugar y en cualquier momento. En este taller se incluye un folleto de cuidado personal que puedes usar para ti, tu familia y las familias con las que trabajas.

Track: Health & Well-Being for Providers

Topic: Home Visitor Well-Being

Language: English & Spanish

Crucial Conversations: Screening for Maternal Depression in Home Visitation

Kelly Stainback-Tracy, MPH, Denver Public Health & Jennifer J. Paul, Ph.D., Denver Public Health

The journey into parenthood is a critical period of transition with the potential for onset or exacerbation of mental health challenges. Perinatal mood and anxiety disorders (PMADs) are common and serious conditions impacting mothers during pregnancy, after delivery, and far beyond, if left untreated. It is estimated that one in five women will experience mental health disorders during this time. Early identification is essential, because this early period lays the foundation for later maternal mental health, as well as for child well-being in infancy, toddlerhood, and throughout development. This workshop will provide an overview of perinatal mood and anxiety disorders and their potential impacts on mothers, infants, and families. Considerations for screening using the Edinburgh Postpartum Depression Scale (EPDS) will be reviewed and discussed. Participants will have time to practice responding to concerning screening findings and facilitating referrals within the context of a home visitor role.

Track: Health, Safety & Resources for Families

Topic: Maternal Depression

Language: English

Health Equity and Home Visiting: Exploring Social Determinants of Health in relation to Job Stress and Family Mental Health

Carsten Baumann, CO Dept. Public Health And Environment, Antonio Luna, CDPHE & Jessica Stoker, CDPHE

Social determinants of health—the conditions in which we are born, live, work, and play—have a large impact on one’s health. Learn how social determinants of health (shaped by public policies) impact home visiting staff and clients’ health outcomes and how policy makers, public health professionals, and home visitors can help address health inequities. The workshop will provide an overview of health equity and social determinants of health and explore how these relate to job stress and family mental health in home visiting. Attendees will discuss how their work and two generation approaches address social determinants of health and promote health equity to help families recognize and build upon their strengths to lead happier, healthier lives.

Track: Innovative Program Strategies

Topic: Social Determinants of Health

Language: English

Helping Families Embrace Infant Safe Sleep

Kate Jankovsky, Colorado Department of Public Health and Environment & **Gloria DeLoach**, Denver Public Health

About 50 infants die every year in Colorado due to unsafe sleep environments. These deaths are preventable. This workshop is centered on facilitated conversations with attendees on talking to families about safe sleep and working in partnership with families within the context of their culture and challenges that make it difficult to practice safe sleep. We will discuss infant safe sleep data in the context of inequity and disparity. This workshop also include a discussion on practicing safe sleep while breastfeeding as well as resources to help attendees start conversations about safe sleep.

Track: Health, Safety & Resources for Families

Topic: Child Injury Prevention / Home Safety

Language: English

How to Identify and Parent Your Child's Temperament

Wendy Gossett, Wendy Gossett Temperament Coaching

Wouldn't it be great if you had a "User Manual" for your kids, your friends, your spouse and even yourself? Best-selling author, Wendy Gossett needed such a manual when parenting her daughter since they were opposites. Nine years later, after countless hours of research and work with real families, she wrote it. Now she shares it's contents with parents all over the world. As parents we can't grow what we don't know. Wendy's work gives parents a window int their child's brain, We each have four psychological functions that determine our strengths and limitations. Knowing these functions allows parents to have appropriate expectations for their children, their spouse and even themselves. After attending this workshop parents report how their lives have been changed. One parent who is also a parenting coach stated, "For the first time in my daughter's life, I actually understand her and know how to love her!"

Track: Parenting & Child Development

Topic: Parent/Child Relationship

Language: English

WORKSHOP SESSION 4 | 3:45 – 5:00 pm

Digital Nudges that Make a Difference for Families and Communities

Rebecca Levy, Bright by Text & **Tara Stingley**, Bright by Text

To support today's caregivers, Bright by Text was developed to deliver bite-sized and developmentally-targeted doses of research- based curriculum right to their cell phone. Bright by Text also supports other organizations and programs that work with families to harness technology

to drive real-world connections and promote concrete resources. This session will be a collaboration among the participants to determine the accessibility and visibility of community resources (i.e. immunization clinics, library storytimes, parenting classes) that can support a 'whole child, whole family' ecosystem-wide approach to early childhood education. Families benefit from utilizing these resources by: 1) encouraging them to connect with their community, 2) to help build confidence in their role as caregivers. However, many caregivers miss out on nearby services in their community simply because they don't know such programs and resources exist. Through brainstorming and discussion with participants, we hope to determine ways in which the Parent Possible ecosystem can further connect families with their communities.

Track: Innovative Program Strategies

Topic: Recruiting / Engaging Families

Language: English

El primer compañero de conversación de un niño

Pedro Mendez, Denver Public Library

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

Niños están diseñados para comunicarse desde nacimiento y dependen de los adultos en sus vidas como compañeros de conversación. Descubra cómo podemos apoyar el desarrollo del lenguaje de un niño y cómo la comunicación temprana en la vida está directamente relacionada con las habilidades del niño, desde la lectura hasta la comprensión de las computadoras. Revisará algunos datos del programa LENA Start de la Biblioteca Pública de Denver que se asocia con los padres y promueve la importancia de las conversaciones.

Track: Parenting & Child Development

Topic: Reading & Literacy

Language: Spanish

Enhancing the Power of Home Visitation: A Spotlight on Collaborative Efforts in Home Visiting through the LAUNCH Together Communities

Catherine Greisch, Jefferson Center - LAUNCH Jeffco, Vani Tangella, Early Milestones Colorado & Jennifer Anton, Jefferson County Public Health

Since 2016, LAUNCH Together has supported four Colorado communities in expanding prevention and health promotion and building coordinated systems to support young children and their families. This session will highlight how LAUNCH has impacted the social and emotional health of young children and families through the strategy of home visitation across four communities. This session will also spotlight Jefferson County's implementation of enhanced home visitation and improved systems coordination at the local level. Through LAUNCH Together Jeffco, local home visitation programs receive Early Childhood Mental Health Consultation, training, and support for providers and families. Additionally, attendees will learn about the work of Jefferson County's Home Visitation Collaborative, which has focused on building a coordinated network of programs, creating a customized early childhood online resource, and piloting a centralized intake and referral navigator in our community.

Track: Innovative Program Strategies

Topic: Innovative Program Strategies

Language: English

Ethics and Boundaries in Home Visiting

Michele Provost, Parent Possible

Parent educators do work that involves entering the homes, communities, and lives of the families they serve. This work can be very rewarding, but can also be challenging, especially when questions of professional ethics and boundaries arise. This workshop will examine the core definitions related to ethical practice, the importance of professional boundaries and limits, and common ethical situations that arise in home visiting.

Track: Health & Well-Being for Providers

Topic: Maintaining Professional Boundaries

Language: English

From Buzzword to Outcomes: How to Effectively Integrate a 2Gen Approach into Home Visiting

Rebecca Dunn, Colorado Department of Human Services

Two-generational approaches are discussed frequently in the home visiting world, but does your program truly incorporate strategies that meaningfully improve the outcomes of the families we serve? This workshop will focus on researched-based 2Gen methods, examples of programs in Colorado and nationwide successfully implementing 2Gen approaches, and practical partnerships and actions to establish a solid whole-family approach.

Track: Innovative Program Strategies

Topic: Innovative Program Strategies

Language: English

Resistance Skills in Motivational Interviewing

Avani Gudrun, Natural Highs - Healthy Alternatives to Drugs & Alcohol

Ever thought resistance could be fun to work with? Similar to a martial artist, the Motivational Interviewing practitioner invites resistance as a valuable element in working with challenging situations. Learn the art of "Rolling with Resistance," end the power struggles, and get inspired and confident in working together with families towards positive change.

Track: Innovative Program Strategies

Topic: Motivational Interviewing

Language: English

What's New with ASQ?

Kathleen Kennedy, Starpoint

The Ages & Stages Questionnaire is a valid, reliable, and accurate tool for the developmental and social-emotional screening of young children that relies on parents as experts, is easy-to-use, family-friendly and creates the snapshot needed to catch delays and celebrate milestones. In the past few years both the ASQ-3 and ASQ-SE2 have undergone updates. This workshop objective is to walk through the updates and refresh best practices in administration.

Track: Parenting & Child Development

Topic: Child Development

Language: English

FRIDAY APRIL 17TH 2020

WORKSHOP SESSION 5 | 9:00 - 10:15 am

Early brain-building starts with you! Lighting up children's brains with the latest tips, tricks, and tools

Shelby Jones, Parent Possible

**This workshop is required for all PAT and HIPPY home visitors that have not been trained on Vroom!*

Teaching parents how to support their child's healthy brain development is a critical objective of any home visitor. Talking to families about brain development does not have to be complicated – this workshop will make it fun and easy for you! You'll learn the latest science through engaging videos and brain-building resources, and walk away with a clear understanding of how to easily share this important information with the families you serve. In addition to other tools and resources, this workshop will feature and include a training on Vroom – a national initiative that educates caregivers on the early brain science of 0- to 5-year-olds and equips them with over 1,000 brain-building activities that improve children's executive functioning skills and facilitate positive parent-child interactions.

Track: Parenting & Child Development

Topic: Brain Development (0-5)

Language: English

Healthy Homes Resources with Energy Outreach Colorado!

Lauren McClanahan, Energy Outreach Colorado & Ashley Feiertag, Energy Outreach Colorado

The vision of Energy Outreach Colorado (EOC) is that all Coloradans can afford their home energy needs. We will share what EOC is able to provide the community, how to access services and the

benefits to each home. EOC is also growing a Healthy Homes pilot program that is available to homes in the front range area that will provide home upgrades around the "Keep it..." principles. Join us to learn more and how these free opportunities can benefit your families!

Track: Health, Safety & Resources for Families

Topic: Connection to Supportive Resources

Language: English

Let's Get Moving! Promoting Physical Activity in Early Childhood

Emily Bash, Colorado Department of Public Health and Environment

Children benefit from physical activity in many ways. Movement also promotes the development of new connections among brain cells that are needed for learning. Plus, it's fun! An early introduction to physical activity can lead to lifelong healthy behaviors. Not only do children benefit from physical activity, you do too! Role modeling and participating in physical activity can make you healthier. You are also building trusting relationships with the children in your care. If we want kids to move more, we have to move more. This workshop focuses on physical activity in early childhood. It covers everything from the benefits and types of physical activity to how to include physical activity in a safe, effective and developmentally appropriate manner.

Track: Health, Safety & Resources for Families

Topic: Healthy Eating / Active Living

Language: English

Nature and Screen Time: How each impacts developing brains

Vail Shoultz-McCole, MA Ed, Partnership for children and families, Mesa County & Stephanie Stelljes, MA Ed, Partnership for children and families, Mesa county

Every experience a child has impacts the creation of neural networks in the brain. Together we will explore how young children's brains are being impacted by an increasing number of screen hours paired with a decreasing number of hours exploring nature. In small groups together we will create a list of resources/ activities that families can access in order to increase outdoor explorations and decrease screen time in order to help children gain the necessary social and emotional skills needed to be successful in school and life.

Track: Parenting & Child Development

Topic: Screen Time

Language: English

Usando un lente cultural para asociarse auténticamente con las familias

Maria Soto, Shiloh House

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

Los participantes aprenderán sobre los 5 factores protectores y las experiencias adversas de la infancia (ACE). Utilizando el Marco de Fortalecimiento de Factores de Protección de las Familias, los participantes reflexionarán sobre sus propios prejuicios y verán cómo la cultura impacta estos factores de protección. La mayor parte del taller estará dedicada a trabajar en ejemplos de campo de visitas domiciliarias situadas culturalmente. En pequeños grupos, los participantes colaborarán para discutir los ejemplos y considerar qué pensamiento de déficit podría estar teniendo lugar para el visitante domiciliario y luego considerar cómo podría ser el pensamiento basado en activos. Los grupos pensarán qué contextos históricos, sociales y culturales podrían informar la situación y los comportamientos observados. Los participantes dejarán de comprender la importancia de la reflexión y considerarán cómo pueden dedicar tiempo a reflexionar para asociarse mejor con las familias.

Track: Innovative Program Strategies

Topic: Cultural Competency

Language: Spanish

Using a Cultural Lens to Authentically Partner with Families

Jamara Knight, Shiloh House & Cristal Cisneros, Denver Public Schools

Participants will reflect on their own biases and talk about the differences between explicit and implicit biases. The largest portion of the workshop will be dedicated to working on culturally situated home visiting field examples. In small groups participants will collaborate to discuss the examples and to consider what deficit thinking could be taking place for the home visitor and to then consider what asset based thinking might look like instead. The groups will think about what historical, social, and cultural contexts might inform the situation and the behaviours observed. After analyzing these different contexts, groups will come up with questions that could be used to partner with these families and to better understand where the family might be coming from. Participants will leave understanding the importance of reflection and consider how they can make time to reflect in order to best partner with families.

Track: Innovative Program Strategies

Topic: Cultural Competency

Language: English

Vicarious Trauma and Resilience in Caring for Others

JaShawn Rogers, MA, Resilient Futures

Do you support people who have or are currently experiencing trauma? Do you have a trauma history of your own? When you work with others who have experienced trauma and/or you have a trauma history of your own, you may be more likely to experience burnout or vicarious trauma in the course of caring for others. However, inherent in this work and in our own lives is also the potential for vicarious resilience. In this workshop we will identify key steps to take to promote resilience and mitigate the impact of vicarious trauma and burnout, including: identifying three evidence-based strategies to improve overall well-being, understanding and building up vicarious resilience, and developing a resilience plan for your future. Resilience research makes it abundantly clear we all have our own resilience inside of us, sometimes we just need help connecting to it.

Track: Health & Well-Being for Providers

Topic: Secondary Trauma

Language: English

Visit Tracker 2020 Updates

Jen Kuchyt, DataKeeper Technologies

We will cover the most recent updates made to Visit Tracker this year. This will include: screenings and how screenings are counted on the APR, contact logs and audit trails, Locking PVR options and Admin Set up Options.

Track: Innovative Program Strategies

Topic: Data Literacy & Program Evaluation

Language: English

WORKSHOP SESSION 6 | 10:45 am – 12:45 pm

Brain Development Overview: What you need to know about the brains of 0-5 year olds

Lisa Dengerink, Denver Public Library

In this workshop, we will go over how the brain works and develops, some simple brain models and the development of sensory, language and cognitive functions. All of this information will help you understand what is happening in those tiny heads and how we can help build strong brains.

Track: Parenting & Child Development

Topic: Brain Development (0-5)

Language: English

Direct and Vicarious Trauma: How to understand your clients and take care of yourself

Sara Peterson, Conifer Counseling and Therapy Services

Trauma can impact individuals in many ways, including socially, psychologically, neuropsychologically, and can impair physical health as well. As a provider, it's critical to understand the impact of trauma, how to identify it, understand how it may play a role in one's functioning, how to talk about it, and what to do about it. This session will provide education on direct, secondary and vicarious trauma and offer solutions on how an agency may support clients dealing with trauma. The session will also cover the trauma experienced by providers, the importance of self care, and resources for both clients and providers.

Track: Health, Safety & Resources for Families

Topic: Trauma-Informed Care

Language: English

From Chaos to Calm: Strategies Families Can Use to Decrease Challenging Behavior and Support Smooth Routines

Susan Kay, Denver's Early Childhood Council & Angeles Ross, Denver's Early Childhood Council

This interactive, hands-on workshop will give Home Visitors effective strategies they can share with families to help them increase cooperation, create smooth routines and manage challenging behavior. It will cover using visual schedules and routines, understanding behavior in order to teach missing skills and creating household rules. There will also be plenty of tips to pass along to families about how to talk with children to increase the effectiveness of all the strategies while strengthening adults' relationships with children and building children's positive self-concept. These "talking strategies" will include noticing language, assertive commands and the language of encouragement. Participants will not only learn about these strategies but will also receive a wealth of materials (both hard copies and electronic files) that that can be shared with families so they can start using the strategies right away.

Track: Parenting & Child Development

Topic: Parent/Child Relationship

Language: English

No More Mealtime Meltdowns: Working with Picky Eaters

Heather Aguilar, Share Our Strength's Cooking Matters & Amber Troutman, Share Our Strength's Cooking Matters

With one in eight Colorado children living in food-insecure households, Cooking Matters focuses on children most at risk of hunger, providing food skills education to parents, family members, and other 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. Nutrition and culinary experts will discuss the importance of creating a positive meal environment and tools that home visitors can use to help caregivers become positive role models. Workshop participants will learn activities that can be used during home visits to address even the pickiest eaters and kid-approved recipes that are healthy and affordable.

Track: Health, Safety & Resources for Families

Topic: Healthy Eating / Active Living

Language: English

ONE Step

Valerie Steinmetz, American Lung Association in Colorado

The ONE Step program focuses on empowering organizations serving low-SES parents and their children to engage in conversations with those parents about the health impact of secondhand

smoke (SHS) on children, the importance of maintaining a home free of tobacco smoke, marijuana smoke, and aerosol from electronic smoking devices (ESDs), and cessation resources available to Coloradans. This could significantly reduce the long-term negative impact of secondhand smoke on thousands of young Coloradans. Trainees earn three professional development hours and a \$10 gift card just for implementing the program.

Track: Health, Safety & Resources for Families

Topic: Substance Use Disorders

Language: English

Up the Positives, Teach Friendship Skills, Reduce Challenging Behavior!

Virginia Kile, Strategies for Learning llc, Allie Sutherland, Bright Futures for Children & Lupita Baltazar, Delta Family Center

Learn and practice the skills necessary to reduce challenging behavior. Practice telling children what to do and teach the child to be a friend. During this interactive and upbeat workshop you will learn why these skills are important for the child now and in the future. You will have the opportunity to practice teaching the key components of being a friend. Props for teaching Friendship Skills will be provided to each participant. Make a difference in the lives of the families you serve by teaching parents to increase positive statements and teach friendship skills to their children!

Track: Parenting & Child Development

Topic: Parent/Child Relationship

Language: English

LUNCH BREAK | 12:45 - 1:45 pm

WORKSHOP SESSION 7 | 1:45-3:00 pm

Early Childhood Social Emotional Toolkit

Lisa Jansen Thompson, Early Childhood Partnership of Adams County

This session will prepare participants to best utilize the resources available to support families with children's social emotional development, including access to materials and the ability to use messages in a way that helps to reduce stigma regarding early childhood mental health.

Track: Parenting & Child Development

Topic: Social Emotional Development

Language: English

Mentes relajadas, Casa en paz

Natalie Magnatta, Denver Public Library

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

¿Quiéren que sus hijos estén un poco más centrados, tranquilos y amables, con más capacidad de regular sus emociones? ¿A veces buscan también estas mismas características en sí mismas? En esta sesión, nos enfocaremos en unas prácticas y técnicas de contemplación plena que los padres y cuidadores pueden utilizar en sus propias vidas y junto a los niños. Hablaremos de las investigaciones de la contemplación plena y su efecto en el desarrollo y función del cerebro para mejor entender cómo estas prácticas nos afectan. Además, compartiremos recursos fáciles de utilizar para incluir estas prácticas en casa, como técnicas de respiración, canciones, y movimiento, todo apropiado para niños de 1 a 8 años de edad.

Track: Health, Safety & Resources for Families

Topic: Mindfulness

Language: Spanish

Parenting the Plugged In Child

Lana Gollyhorn, Lana Gollyhorn, MA, Psychotherapist LLC

Designed for parents and educators, this workshop Teaches how to set boundaries with technology, the most common mistakes parents make managing their children's devices, and the connection between mood and technology use.

Track: Parenting & Child Development

Topic: Screen Time

Language: English

Quieting the Fight, Flight and Freeze Response

Liz Clark, Alvarado Consulting and Treatment Group

Why do kids do what they do? Why do I respond to my child in the way that I do? Why don't consequences work and what will work to change behavior? The experience of trauma often makes mindfulness a more challenging goal as the post trauma response of fight/flight/freeze pulls us into a past experience and prepares us to defend. Consider how often our children are stuck in a pattern from the past, or fear of the future and incapable of living fully in the present. Consider too, how often we might experience this same phenomenon. How is your child's past affecting their behavior today? How is your past affecting your behavior today?

Track: Parenting & Child Development

Topic: Trauma-Informed Care

Language: English

The Building Blocks for Social Emotional Growth

Amy Cobb

There are three main components that promote positive social emotional development in early childhood. When home visitors and parents can support growth in these areas, children are more likely to have the underlying skills that will foster healthy school, work and social relationships in the future.

Track: Parenting & Child Development

Topic: Social Emotional Development

Language: English

¡Soy el jefe de mi cuerpo! Enseñando a nuestros niños de forma divertida cómo cuidar su cuerpo

Claudia Ryks, Awareness for Happiness

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

En el taller los participantes aprenderán 8 temas sencillos para enseñar de manera divertida, memorable y apta para toda la familia acerca de la prevención del abuso sexual infantil. Estos temas incluyen: 1) Soy el jefe de mi cuerpo 2) Nombre real de las partes privadas 3) Cómo reconocer a una persona tramposa 4) Tocamiento seguro e inseguro 5) Confiando en tu intuición 6) Cuatro reglas de seguridad del cuerpo 7) Algunas excepciones de quién y cuándo alguien podría tocar tus partes privadas 8) Diferencia entre secreto y sorpresa. La presentadora va a proponer 3 herramientas efectivas que proveedores y padres pueden usar cuando enseñan acerca de cómo los niños pueden cuidar sus cuerpos. Las herramientas incluyen: 1) Narración de cuentos 2) Titeres 3) Tarjetas didácticas.

Track: Health, Safety & Resources for Families

Topic: Child Injury Prevention / Home Safety

Language: Spanish

WORKSHOP SESSION 8 | 3:30 - 4:45 pm

Applying the Protective Factors to Your Work

Anne Auld, Illuminate Colorado

Many of us know what the Protective Factors are, but aren't always sure how to incorporate them into our work with families. Through a brief presentation on the Protective Factors and a guided community cafe style discussion, learners will reflect on how they are already incorporating the Protective Factors into their work and how they can help families identify and build them more effectively.

Track: Innovative Program Strategies

Topic: Protective Factors

Language: English

Counting all Children in the 2020 Census

Gillian Winbourn, Together We Count & Rosemary Rodriguez, Together We Count

Together We Count is a statewide non-profit ensuring that everyone in Colorado is counted for the 2020 Census. A complete census count is critical to Colorado getting its fair share of federal funding to support a variety of imperative community needs, and an undercount would result in severe funding gaps for our communities. Young children are the most missed population on the form, with Colorado missing over 18,000 children in the 2010 Census. Children benefit the most from census guided programs for our entire state. We will talk about why its important for Colorado and our communities, the timeline, and answer any questions about the census.

Track: Innovative Program Strategies

Topic: Advocacy & Policy

Language: English

Excel Tips and Tricks: Simple Tools to Make Your Life Easier

Rachel Breck, Parent Possible & Kristen Cellini, Parent Possible

This hands-on training will cover different ways to organize, sort, and examine spreadsheets in Excel. We will use real reports from Visit Tracker to demonstrate how you can turn a boring CSV file into a quick way to answer some of your burning questions. The training will be geared toward program coordinators and managers, though anyone interested in Microsoft Excel is welcome. Please bring a laptop if you are able.

Track: Innovative Program Strategies

Topic: Data Literacy & Program Evaluation

Language: English

Explore Mindfulness with EMBRACE™

Kelsey Petersen-Hardie, Clayton Early Learning & Kathleen Strom, Clayton Early Learning

EMBRACE™, Effective Mindfulness Building Responsive and Confident Educators, is a curriculum focused on mindfulness and well-being for early childhood professionals. This session will be hands-on and participants will leave feeling refreshed and inspired, a perfect wrap-up for your Friday afternoon.

Track: Health & Well-Being for Providers

Topic: Mindfulness

Language: English

I'm the Boss of my Body! Teaching our children about body safety in a fun way

Claudia Ryks, Awareness for Happiness

In the workshop, participants will learn 8 simple topics to teach in a fun, memorable, and family friendly way about child sexual abuse prevention. These topics include: 1) I am the boss of my body, 2) Real name of private parts, 3) How to recognize a tricky person, 4) Safe and unsafe touch, 5) Trusting your intuition, 6) Four body safety rules, 7) Some exceptions of who and when someone can touch your private parts, 8) Difference between secret and surprise. The presenter will propose 3 effective tools that providers, and parents can use when teaching about body safety to their children. The tools include: 1) Storytelling, 2) Puppets, and 3) Flashcards.

Track: Health, Safety & Resources for Families

Topic: Child Injury Prevention / Home Safety

Language: English

Peaceful Minds, Peaceful Homes

Natalie Magnatta, Denver Public Library

Do you wish your children were more focused, calm, kind and more able to self regulate? Do you also sometimes wish for more of those traits in yourself as well? In this session, we will focus on mindfulness techniques that parents and caregivers can do for themselves on their own, or alongside their children. We will discuss the science behind mindfulness and brain function and development to better understand why and how these practices affect us. I will also share easy-to-implement resources for how to include these practices at home, including breathing, songs, and movement that are appropriate for children 1-8 years old.

Track: Health, Safety & Resources for Families

Topic: Mindfulness

Language: English

Red, Yellow, Blue... Black and White? How Racial Consciousness Develops in Early Childhood

Elise Silva, Boulder County Parents as Teachers

Children develop an understanding of race early on – in fact, much earlier than most suspect. This workshop will guide participants through the young child's process of understanding race and will highlight particular stages and strategies for intervention that can contribute to positive racial consciousness. Folks will walk away with deeper knowledge of brain development regarding race, tools for talking about race and racism with young children, and options for addressing the role of whiteness in our work. Developed and facilitated by a white woman, this seminar is primarily geared toward white-identified educators and/or families, though all participants' presence is welcome and valued.

Track: Parenting & Child Development

Topic: Child Development

Language: English

Todos los niños listos para leer

Lupita Ramos, Denver Public Library

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

En este taller hablaremos sobre las Cinco Prácticas: Hablar, Cantar, Leer, Escribir y Jugar, las cuales ayudarán a los niños a prepararse para aprender a leer. Compartiré consejos y actividades que los padres y cuidadores pueden hacer con sus niños para promover la alfabetización temprana, así como recursos gratuitos de la biblioteca para apoyar dichas actividades.

Track: Parenting & Child Development

Topic: Reading & Literacy

Language: Spanish

CLOSING REMARKS | 4:50 - 5:00 pm