

2022 PARENT POSSIBLE CONFERENCE WORKSHOPS

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

WEDNESDAY APRIL 6TH 2022

YOGA | 6:30-7:15 am

REGISTRATION & BREAKFAST | 7:30 - 8:45 am

OPENING REMARKS | 8:45 - 9:15 am

WORKSHOP SESSION 1 | 9:30 - 10:45 am

Getting the Most Out of Visit Tracker: A Deeper Look!

Jennifer Kuchyt, Data-Keeper Technologies, Gabriela Guevara, Data-Keeper Technologies

At Data-Keeper, we want you to be a champion for your families! We understand that more is expected of you and you don't have more time. So, let's explore features in Visit Tracker that will assist you in meeting all your requirements and deadlines. We'll talk about tips and tricks to help you enter your data accurately and efficiently. We'll give you the scoop on newly released features and give you a sneak peek at items that will be released in 2022. We will also save time at the end to discuss specific questions you have.

Track: Innovative Program Strategies

Topic: Visit Tracker

Language: English

Level: Appropriate for All

Room: Beaver Creek

Building Family Strengths By Engaging Dads in Home Visiting

John Badalament, Director of Education and Training Fathering Together

This workshop provides family support professional and home visitors with practical, culturally sensitive concepts, strategies and tools for integrating fathers into existing services or creating new opportunities. Beginning with key research findings from the rapidly growing science of early childhood and brain development, participants will explore possible barriers and best practices for

increasing father engagement in home visits. The workshop concludes with site or role-specific vision process for successful father engagement moving forward.

Track: Parenting & Child Development

Topic: Father Engagement

Language: English

Level: Appropriate for All

Room: Salon F

¡Aumenta tus Habilidades para el Desarrollo del Cerebro! Herramientas Gratis y Recursos para Ayudar a los Niños a Prepararse para la Escuela, los Amigos y la Vida

Lucy Soffer, Parent Possible, Denisse Diaz Orellana, Parent Possible

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

Avances en neurociencia confirman lo que muchos de nosotros hemos sabido por mucho tiempo: Los primeros cinco años de vida son críticamente importante para el aprendizaje futuro y el éxito de los niños. Cada vez que conectamos con niños pequeños, no solo se enciende su mirada – pero su cerebro también. Al convertir la rutina y los momentos compartidos con los niños en momentos de desarrollo para sus cerebros, los padres y cuidadores pueden tener un impacto positivo en el desarrollo del cerebro de los niños.

Este taller hará divertido y fácil para las personas que asistan, aprender sobre la ciencia del cerebro de los niños pequeños, y que pueden hacer para ayudar a los niños a estar preparados para la escuela, los amigos y la vida. Las presentadoras estarán facilitando herramientas gratuitas y recursos que los asistentes podrán utilizar directamente con sus niños, o con las familias con las cuales trabajan. La información compartida durante esta presentación vendrá de fuentes confiables, tales como El Centro de la Universidad de Harvard sobre el Niño en Desarrollo, Mente en Proceso, Vroom, entre otros.

Track: Parenting & Child Development

Topic: Brain Development (0-5)

Language: Spanish

Level: Appropriate for All

Room: Vail

Self Care and Resiliency

Jennifer Auman, NE Dept. of Health & Human Services

Utilizing the theory and many activities in the book Building Your Bounce, Simple Strategies for a Resilient You by Mary Mackrain and Nefertiti Bruce Poyner, my presentation takes on the complex emotional state of Compassion Fatigue in early childhood home visitors, teachers and caregivers. The differences in Compassion Fatigue, Vicarious Trauma and Burnout are examined, signs and

symptoms are identified, and active participation in activities to build resilience through the Protective Factors of relationships, internal beliefs, initiative and self-control are exemplified.

Track: Health & Well-Being for Providers

Topic: Home Visitor Well-Being

Language: English

Level: Introductory

Room: Keystone

"How to turn Anxiety into your Superpower" - How to hack your brain with Neuroscience tools and turn stress and anxiety into your friend

Avani G. Dilger, Natural Highs- Healthy Alternatives to Drugs & Alcohol

These are extraordinary times that are challenging on many levels. Juggling so many unknowns and tasks at once can lead to exhaustion and overwhelm. It can also trigger old trauma and old patterns that can undermine people's well-being even more. In this workshop 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 how to support your clients with stress and anxiety. It will also support you in your self-care and personal life in order to stay balanced and resilient.

Track: Health & Well-Being for Providers

Topic: Managing Job Stress

Language: English

Level: Appropriate for All

Room: Telluride

Ages & Stages Questionnaires (ASQ) Screenings Best Practices

Michele Provost, Parent Possible, Indira Galaviz, Parent Possible

This workshop will discuss best practices when administering the ASQ-3 and the ASQ:SE-2 with parents and young children. The workshop will include the importance of engaging parents in the screening process, how to introduce the screening to parents and how to discuss results with parents. In addition, this workshop will discuss the home visitor's role in interpreting scores, making referrals, and using the information to plan future personal visits.

Track: Parenting & Child Development

Topic: Child Development

Language: English

Level: Appropriate for All

Room: Salon G

Connecting the Dots: Supporting Families and Reducing Out of Home Placements

Lucinda Wayland Connelly, Colorado Department of Human Services

Overview of Colorado's FFPSA Prevention Plan and the role that direct service providers play in the successful implementation of the plan. Connecting program and service delivery to the reduction of out-of-home placements for children/youth involved in the child welfare system and why it is an important goal; how it impacts child safety. Why it matters to direct service providers. Opportunities for questions and answers about the prevention plan, and the expansion of services.

Track: Health, Safety & Resources for Families

Topic: Connection to Supportive Resources

Language: English

Level: Advanced

Room: Salon H

Cuentos Accesibles: el uso de la tecnología de asistencia para incluir a todos los niños

Christa LeGray, Center for Inclusive Design and Engineering, CU Denver

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

En esta sesión se hablará de cómo hacer que la hora del cuento sea una experiencia más accesible y significativa para los niños de todos los idiomas y niveles de capacidad mediante el uso del Diseño Universal para el Aprendizaje (DUA) y la Tecnología de Asistencia (TA). Se definirán los principales componentes del DUA con ejemplos. Se explorará la definición de TA, con ejemplos de TA de baja y alta tecnología. Al entender el DUA y la TA, los participantes estarán preparados para demostrar una lectura de libros más accesible que involucre a todos los niños en actividades de alfabetización temprana. Los ejemplos de TA de baja tecnología incluirán libros adaptados, manipuladores, soportes para sentarse, soportes para libros, dispositivos de salida de voz y soportes visuales. Algunos ejemplos serán de tipo "hágalo usted mismo". Otros tendrán que ser comprados o prestados. Se compartirán y desmentirán los mitos que rodean el uso temprano de la TA. La TA de las que se hablará pueden servir para ayudar a los niños con dificultades de atención o sensoriales, diferencias o discapacidades lingüísticas, retrasos o discapacidades motoras finas o gruesas, o retrasos o discapacidades cognitivas.

Track: Parenting & Child Development

Topic: Reading & Literacy

Language: Spanish

Level: Appropriate for All

Room: Evergreen

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

Building Your Financial Foundation

Rob Bertman, Family Budget Expert

It is possible to build wealth no matter what your current financial circumstances are. It starts by figuring out your starting point, learning the simple habits to implement for success, and understanding where each dollar should go. Once you get your financial foundation in place, we go into how to build your wealth within the next 10 years. During this workshop, we'll give you all of the simple tools, tactics, and instructions to build your wealth from nothing even if the cost of kids is breaking the bank.

Track: Health, Safety & Resources for Families

Topic: Family Financial Planning

Language: English

Level: Appropriate for All

Room: Beaver Creek

Trauma-Informed Leadership

Matthew Bennett, Optimal Innovation Group, **Jeff Somers**, Optimal HRV

This workshop gives leaders the skills and knowledge necessary to support staff wellness and improve outcomes by providing a practical model designed to minimize burnout and increase engagement. Learners will leave this presentation with a new paradigm of leadership and skills to implement in staff supervision and management of programs. This workshop challenges leaders to look at job responsibilities, staff, systems, and agency through the Trauma-Informed lens. Whether you are an aspiring or experienced leader, you'll see your role and work in a whole new light.

Track: Innovative Program Strategies

Topic: Leadership

Language: English

Level: Appropriate for All

Room: Salon G

"I don't want to say the wrong thing." Working with gender non-conforming family members.

Elaan Brudno, Boulder County Parents as Teachers

Trans gender rights is a hot topic right now and a confusing one for many people. However, it is likely that as a home visitor you will, or have already come across families with members who don't

fit the typical gender molds. As home visitors we want to be supportive and affirming, but how do we do that when we both don't understand and don't want to say anything offensive.

Track: Innovative Program Strategies

Topic: Diversity, Equity & Inclusion

Language: English

Level: Introductory

Room: Salon H

Looking Within: the Power of Reflective Practice

Rebecca Armentrout, Nebula Early Childhood Collaborative

In the training Looking Within, early childhood caregivers and industry professionals will learn about how reflective practice can increase their resilience and responsiveness when caring for young children. This session will begin with defining and exploring the neurobiology of resilience for children and adults by utilizing research from Daniel Siegel. Participants will discover the power of reflective practice and making the connection to resilience by utilizing Dr. Brazelton Touchpoints and Daniel Siegel's "Parenting from the Inside Out."

Track: Health & Well-Being for Providers

Topic: Mindfulness / Self Care

Language: English

Level: Appropriate for All

Room: Vail

Newborn Milestones: Empowering Parents to Optimize their Child's Development and Prevent Speech, Language, and Feeding Disorders

Claire McClintock, Preventasaurus, LLC, Abigail Brandi, Preventasaurus, LLC

According to the American Academy of Pediatrics, "The most common disability (and also the least detected) is speech-language impairment." Through our 3-part prevention model (Educate-Promote-Advocate), we hope to empower new and expecting parents with the tools and simple strategies needed to promote optimal child development. This presentation gives any participant a basic foundation in early child development and provides resources to give to parents to use functionally on their own during their everyday life. We believe that it is important to know what to expect and how to help families promote skills as their child grows. Taking these steps can help prevent developmental speech, language and feeding disorders. The prevention model encourages seeing children in a holistic perspective and helping them achieve skills that they are capable of achieving at their age, while partnering and communicating openly with their child's stakeholders, within their families, and out into the community.

Track: Parenting & Child Development

Topic: Child Development

Language: English
Level: Appropriate for All
Room: Keystone

Motivational Interviewing as a Self-Care Tool in working with Trauma & to prevent Burnout

Avani G. Dilger, Natural Highs- Healthy Alternatives to Drugs & Alcohol

This session will be in English, and we will have Spanish language interpreters. // Esta sesión será en inglés y tendremos intérpretes de Español.

In this workshop you will learn how Motivational Interviewing (MI) can be used as a self care tool to prevent burnout and vicarious trauma. As an evidence-based practice, MI has consistently shown positive outcomes in dealing with resistance, conflict, and trauma. It has been used with populations where trauma is prevalent, including clients who deal with legal problems, substance abuse, violence, and mental health issues. Motivational Interviewing is an art and a philosophy and it also provides a “tool box” of techniques and strategies to be more effective in challenging situations. Motivational Interviewing doesn’t only support our clients with positive change, it is also an excellent self-care tool for professionals in dealing with trauma. MI teaches us how not to take on stress and trauma and how to keep healthy boundaries while working with clients affected by trauma.

Track: Innovative Program Strategies

Topic: Motivational Interviewing

Language: English & Spanish

Level: Appropriate for All

Room: Telluride

LUNCH & KEYNOTE | 1:00 - 2:30 pm

WORKSHOP SESSION 3 | 2:45 – 4:00 pm

Greater Than You and Me: Teamwork in Action

Craig Zablocki, Keynote Speaker

This session will be in English, and we will have Spanish language interpreters. // Esta sesión será en inglés y tendremos intérpretes de Español.

Working with others shouldn’t feel like pulling a sled through waist-high mud. If a group really works together, it becomes totally doable! It’s in the connections that the magic happens; just like setting those last jigsaw pieces in place and seeing all the pieces together. This workshop teaches us how to collaborate and be productive, while being energized, creative, and deeply satisfied! It

allows our natural individual strengths to compliment the group. It's about tying one's individual purpose into something greater than themselves.

Track: Health & Well-Being for Providers

Topic: Team building

Language: English & Spanish

Level: Appropriate for All

Room: Telluride

Accessible Story Time: Using Assistive Technology to Include All Children

Christa LeGray, Center for Inclusive Design and Engineering, CU Denver

This session will discuss making story time a more accessible and meaningful experience for children of all languages and ability levels through the use of Universal Design for Learning (UDL) and Assistive Technology (AT). The primary components of UDL will be defined with examples. The definition of AT will be explored, with examples of low-tech to high-tech AT. By understanding UDL and AT, participants will be prepared to demonstrate more accessible book reading that engages all children in early literacy activities. Low-tech AT examples will include adapted books, manipulatives, seating supports, book holders, voice output devices, and visual supports. Some examples will be DIY. Others might need to be purchased or borrowed. Myths surrounding early use of AT will be shared and debunked. The AT discussed could support children with attention or sensory difficulties, language difference or disability, fine or gross motor delays or disabilities, or cognitive delays or disabilities.

Track: Parenting & Child Development

Topic: Reading & Literacy

Language: English

Level: Appropriate for All

Room: Evergreen

Building Family Strengths By Engaging Dads in Home Visiting

John Badalament, Director of Education and Training Fathering Together

This workshop provides family support professional and home visitors with practical, culturally sensitive concepts, strategies, and tools for integrating fathers into existing services or creating new opportunities. Beginning with key research findings from the rapidly growing science of early childhood and brain development, participants will explore possible barriers and best practices for increasing father engagement in home visits. The workshop concludes with site or role-specific vision process for successful father engagement moving forward.

Track: Parenting & Child Development

Topic: Father Engagement

Language: English
Level: Appropriate for All
Room: Salon F

Using the Colorado Family Support Assessment 2.0? Further your practice and skills in a CFSA 2.0 refresher!

Anna Henderson, Family Resource Center Association

This will be an interactive workshop for those currently trained in administering the Colorado Family Support Assessment 2.0. The CFSA2.0 is the primary assessment tool used by the Family Resource Center Association's network to assess family strengths and needs, and monitor progress towards family self-reliance and increased conditions that protect children against mistreatment. Participants will further their motivational interviewing skills in administering the tool, share strategies, and have the opportunity to practice working through a case scenario with others. The most effective way to complete the CFSA2.0 is by building rapport and trust with the families. To do so, FRCA believes developing MI skills is the best way to engage families and partner with them in identifying areas for change and growth.

Track: Innovative Program Strategies
Topic: Motivational Interviewing
Language: English
Level: Advanced
Room: Salon H

Innovations in Trauma-Informed Family Support

Matthew Bennett, Optimal Innovation Group, Jeff Somers, Optimal HRV

As trauma awareness grows in all aspects of our communities, it is time to ask, "What are the next innovations in helping families with a history of trauma thrive?" Imagine simple technology that allows us to track and improve the mental, social, medical, and cognitive health of families. This workshop will show how new and inexpensive technology helps to quantify stress regulation, resiliency, and post-traumatic growth. Technology opens up opportunities for innovation few dreamed of just a few years ago and allows us to support families in a whole new way.

Track: Health, Safety & Resources for Families
Topic: Trauma-Informed Care
Language: English
Level: Appropriate for All
Room: Salon G

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

Susan K Huebner, Nurturing Newborns, LLC/Fussy Baby Network Colorado, **Gabriela Moats**, Children's Hospital of Colorado / University of Colorado Medical School

This workshop will provide participants with a basic knowledge of the international model; Facilitated Attuned Interaction (FAN). We will discuss how to use this form of interaction to attune to clients and match their responses to meet their needs. Examples will be provided that explain how this model is used effectively and powerfully in the Denver community. Participants will have an opportunity to practice using this model during the workshop.

Track: Parenting & Child Development

Topic: Parent/Child Relationship

Language: English

Level: Appropriate for All

Room: Vail

Supporting Parents of Children with Disabilities

Claire McClintock, Preventasaurus, LLC, **Abigail Brandi**, Preventasaurus, LLC

This presentation is targeted for home visitors and other providers who work closely with families and who often or sometimes encounter children with disabilities. The workshop provides practical tips for talking with families about their concerns for their child and provides resources for referring families to different programs in Colorado that can provide services for children with disabilities. A brief overview of special education services from Early Intervention through public school services will be provided in order for participants to better understand that process and to be able to help advocate for families and children.

Track: Parenting & Child Development

Topic: Child Development

Language: English

Level: Appropriate for All

Room: Keystone

WORKSHOP SESSION 4 | 4:15 – 5:30 pm

Rest and Relaxation Yoga

Abigayle Harper, Family Connects HIPPY

Join me as I walk us through a restful and relaxing yoga session to end our wonderful first day of the conference. Take time to reflect and think about all the sessions you have been to and participated in throughout the day and decompress before you head home. Moving and engaging

your body is important, so join me in meeting those daily exercise goals! I will offer poses at a variety of skill levels, so anyone and everyone is welcome! Come add to the peaceful environment we can create together!

Track: Health & Well-Being for Providers

Topic: Home Visitor Well-Being

Language: English

Level: Appropriate for All

Room: Ballroom

Same and Different: Cultural Adaptations of an evidence-based model

Miriam Westheimer, HIPPY International

For over 30 years, the HIPPY program has been implemented in over 15 countries. In each country, the core program model remains consistent while also finding ways to adapt to the unique cultural contexts. This workshop will offer some examples of adaptations and then engage participants in ways in which they have or might consider adapting their own programs to their local, cultural context.

Track: Innovative Program Strategies

Topic: Cultural Competency

Language: English

Level: Appropriate for All

Room: Vail

Who are the Helpers? Consultative Roles in Early Childhood

Lisa Matter, CDHS, Taran Schneider, MA, Healthy Child Care Colorado, Lisa Schlueter, CDHS

There are many "Helpers" available to families, children, and providers across the system of care in the early childhood years. Very often those helpers don't know about each other or families do not know they are available. Please join this session to learn more about the "Helpers" available to all children, families, and providers, and what is in their scope of practice.

Track: Health, Safety & Resources for Families

Topic: Connection to Supportive Resources

Language: English

Level: Appropriate for All

Room: Beaver Creek

Love and Logic Toolbox

Amy Cobb, Shiloh House

As a certified Love and Logic facilitator, I will present on the basic tenets of Love and Logic; diving into how and why Love and Logic is an effective parenting technique. Love and Logic offers many strategies that build strong parent/child relationships. When parents learn they can set limits in calm, healthy ways and follow through, not only do children learn; parents feel more confident, and the entire family unit is more successful. Many parents are looking for ways to connect and discipline their children and by sharing this information with home visitors, they can better prepare the families they serve.

Track: Parenting & Child Development

Topic: Parent/Child Relationship

Language: English

Level: Appropriate for All

Room: Telluride

¡Aprovechando al Máximo Visit Tracker!

Jennifer Kuchyt, Data-Keeper Technologies, Gabriela Guevara, Data-Keeper Technologies

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

En Data-Keeper ¡Queremos que seas un campeón para tus familias!, entendemos que cada vez se espera más de ti y que tu no tienes más tiempo para lograrlo. Así que, exploremos algunas funciones de Visit Tracker que te ayudarán a cumplir con tus requerimientos y fechas de entrega. Te daremos pautas y sugerencias para poder ingresar tus datos de forma eficiente y precisa. Sé de los primeros en enterarte de nuevas funciones que vendrán en el 2022. Al final del taller, dejaremos un tiempo para escuchar y dar respuestas a las preguntas que tengas.

Track: Innovative Program Strategies

Topic: Visit Tracker

Language: Spanish

Level: Appropriate for All

Room: Keystone

HAPPY HOUR | 5:30 - 6:30 pm

THURSDAY APRIL 7TH 2022

Tai Chi | 6:30 – 7:15 am

BREAKFAST | 8:00 - 9:00 am

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

What is Reflective Practice and Why is it Important?

Amanda Kearney, North Range Behavioral Health

This session will be in English, and we will have Spanish language interpreters. // Esta sesión será en inglés y tendremos intérpretes de Español.

Reflective practice is often a novel topic among service providers but is growing in acceptance and importance. We will spend time diving into what Reflective supervision is, why is it important and how it aids in the growth in the development of professionals to better serve the family's they are partnering with. We will experience reflective practice with one another either through group or partner work. The ideal audience for this workshop are home visitors who are starting to receive reflective supervision and/or want to learn more about it.

Track: Health & Well-Being for Providers

Topic: Reflective Supervision

Language: English & Spanish

Level: Introductory

Room: Telluride

Como usar el Marco de Participación de la Familia de Colorado

Amanda Culbertson, Office of Early Childhood, **Carrie Germeroth**, Marzano Research

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

El objetivo del Marco de Participación de la Familia de Colorado (Marco) es definir e identificar conceptos importantes sobre la participación de las familias que se aplicarán en todos los sectores y las agencias de la primera infancia. La misión del Marco se alinea con la nueva visión del Departamento de la Primera Infancia: que todos los niños, las familias y los profesionales de la primera infancia de Colorado sean valorados, gocen de buena salud y puedan progresar. Los participantes obtendrán información sobre cómo el Marco de Participación de la Familia de Colorado (Marco) puede incorporarse a sus esquemas de primera infancia. En primer lugar, brindaremos una visión general del objetivo del Marco y de cómo se desarrolló. A continuación, los participantes se dividirán en grupos para profundizar sobre los componentes del Marco y

aportar ideas sobre cómo aplicar la información a su propio trabajo con las familias. Los participantes registrarán sus opiniones sobre cómo creen que el Marco respalda su trabajo. Por último, los participantes compartirán estrategias para interactuar con las familias que se alineen con el marco.

Track: Innovative Program Strategies

Topic: Recruiting / Engaging Families

Language: Spanish

Level: Appropriate for All

Room: Salon F

Amplifying Family Voice through HIPPY Parent Advisory Councils

Catalina Gonsales, Mile High United Way, Gloria Fuentes, Mile High United Way, Molly Yost, Mile High United Way

Empowering parents is central to the HIPPY model. This workshop will explore the launching of an innovative 11-member HIPPY Early Childhood Parent Advisory Council at Mile High United Way. This unique program feature is designed to 1) further empower parents to serve as early childhood education ambassadors and gain a deeper understanding of where and how decisions are made that impact families with young children; 2) inform MHUW's comprehensive early childhood strategies/partnerships in targeted neighborhoods through participatory research; and 3) utilize parent-led research findings to identify a challenge and create a project-based solution uniquely tailored to their community. Home visitors will share details about the design of the Council, successes, challenges, and considerations for replication.

Track: Innovative Program Strategies

Topic: Recruiting / Engaging Families

Language: English

Level: Appropriate for All

Room: Keystone

Bright by Text: Empowering Caregivers

Tara Stingley, Bright by Text

Bright by Text is a bilingual text messaging program that provides tips, activities and local resources to caregivers of children, prenatally through age eight. Bright by Text is a free resource that empowers parents with developmentally appropriate tips and activities tied to their child's date of birth. Bright by Text also partners with local organizations around the country like Head Start, library systems and public health offices to send targeted text messages based on geography and age of child that connect caregivers to important services like preschool enrollment, vaccines and community based events. Attendees will leave with an understanding of the Bright by Text program and how they can utilize the texting platform to send targeted text messages to caregivers that increase enrollment and participation in their programs.

Track: Parenting & Child Development

Topic: Child Development

Language: English

Level: Introductory

Room: Vail

What's Dad Got to Do with It? Successes and challenges with engaging fathers in home visiting programs

Tess McShane, Family Resource Center Association

This is an interactive workshop for providers working with families who want to learn more about the benefits of engaging fathers in their current work or care. Father engagement in families, programs, and services can increase positive child developmental outcomes and overall family well-being. This workshop will include successful strategies for engaging fathers and working with the whole family in home visiting and family support programs. Join to learn about how these strategies can be supported through The Colorado Fatherhood Network. This workshop is appropriate for all levels, and will offer opportunities to peer share and connect with others in the home visiting field.

Track: Innovative Program Strategies

Topic: Father Engagement

Language: English

Level: Appropriate for All

Room: Beaver Creek

Come Play with Me! Play-based mindfulness strategies to use with children

Paula Bishop, Parent Possible

Do you have a personal mindfulness practice? This interactive workshop is designed for anyone interested in learning more about integrating mindfulness-based strategies into their work with children and families. Participants will leave this workshop with several play-based activities that they can use to infuse mindfulness and social emotional learning into their work.

Track: Parenting & Child Development

Topic: Social Emotional Development

Language: English

Level: Appropriate for All

Room: Salon H

Bringing the 5 Protective Factors to Life in Your Work - an introduction

Gail Mendes, Arapahoe County Early Childhood Council, **Kathleen Kennedy**, Fremont Family Resource Center - Starpoint

The Strengthening Families protective factor framework includes the following five protective factors: Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Support in Times of Need, Social and Emotional Competence of Children. This highly interactive 2-hour workshop will cover the full introduction module for the Bringing the Protective Factors to Life in Your Work training.

Track: Innovative Program Strategies

Topic: Cultural Competency

Language: English

Level: Introductory

Room: Salon F

Prioritizing Self-Care While Caring for Young Children

Emily Maiurro, Rocky Mountain Prevention Research Center, **Kim Santaniello**, Joint Initiatives for Youth and Families

This workshop will provide opportunities for participants to use a menu of self-care practices to write personalized self-care goals. Participants will receive instruction on writing SMART goals and will participate in discussions about overcoming barriers while working towards goals. Mindfulness practice is one way to practice self-care; during the workshop, participants will have the opportunity to practice simple mindfulness techniques that they can use in various settings. Workshop materials come from a wellbeing program aiming to support the wellbeing of early childhood caregivers, and these materials will seamlessly translate to supporting the wellbeing of home visitors who work with families of young children.

Track: Health & Well-Being for Providers

Topic: Mindfulness / Self Care

Language: English

Level: Appropriate for All

Room: Keystone

Understanding Behavior as a Language in a Trauma Informed Way

Liz Clark, Alvarado Consulting Group

Behavior is an announcement of what is going on inside us. It is a communication about our felt sense of safety, the ability to regulate ourselves, our connections to the people around us and the ways in which we can calm nervous system. When a child is not behaving well, we need not to judge them as "being bad" or a "bad kid". We need to dig deep, get curious, learn what is happening for them, and find connection with them so they may find a felt sense of safety. Learn how to be curious and find the deeper understanding of what the behavior is saying. Learn how to react to what the behavior is saying BEFORE we react to the behavior.

Track: Health, Safety & Resources for Families

Topic: Trauma-Informed Care

Language: English

Level: Appropriate for All

Room: Beaver Creek

The Important of Providing Diverse Books to Families

Lisa Dengerink, Denver Public Library

Learn about the importance of providing diverse books to ALL children and families. In addition, discover how to find and determine what makes a high-quality diverse picture book.

Track: Parenting & Child Development

Topic: Reading & Literacy

Language: English

Level: Introductory

Room: Salon H

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

Susan Kay, 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 (some hard copies and access to many more electronic files) that that can be shared with families so they can start using the strategies right away.

Track: Parenting & Child Development

Topic: Discipline

Language: English

Level: Appropriate for All

Room: Telluride

Building Coalition with your Families

Kayla Frawley, Clayton Early Learning, **Patty Hernandez**, Clayton Early Learning, **George Davis**, Clayton Early Learning, **Ealasha Vaughner**, Clayton Early Learning, **Yvonne Franklin**, Clayton Early Learning, **Karla Munoz**, Clayton Early Learning

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

The Clayton Community Ambassador Program is a leadership program designed to elevate parent and staff leadership in state, federal, and local policy. The program moves beyond traditional family engagement to community power building. This workshop will provide participants with coalition-building strategies, storytelling techniques to use with families, and how to involve family leadership in your programming.

Track: Innovative Program Strategies

Topic: Recruiting / Engaging Families

Language: English & Spanish

Level: Appropriate for All

Room: Vail

Requisitos Esenciales de PAT: Una Mirada a lo Básico

Indira Galaviz, Parent Possible

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

Los objetivos estipulados en este taller se lograrán por medio de la concientización de la importancia del trabajo en equipo y esfuerzo colaborativo entre el supervisor y el educador de padres. Tanto el educador de padres como el supervisor analizaran información, escenarios reales, participaran de grupos de discusión y tendrán la oportunidad de realizar preguntas que apoyen su comprensión de los objetivos o bien llamen a una acción de cambio, de ser necesario.

Track: Innovative Program Strategies

Topic: Model Specific Training (PAT)

Language: Spanish

Level: Appropriate for All

Room: Salon G

LUNCH & AWARDS | 12:30 - 1:45 pm

WORKSHOP SESSION 7 | 2:00 - 3:15 pm

Parents Thrive Colorado: A Resource to Support Parental Mental Health

Jessica Reeder, Tri-County Health Department, **Kelly Lavin**, University of Denver, Graduate School of Professional Psychology, **Janelle Jenkins**

Home visitors encounter parents every day and are well-positioned to understand parent stressors and connect families to support. In this session, participants will learn about a web-based resource called Parents Thrive Colorado that connects families with resources to support their mental health and emotional well-being. Parents Thrive was formed at the recommendation of the Perinatal Mental Health Action Network (PAN), a multi-disciplinary collaborative of community partners focused on perinatal mental health. PAN members elevated the need for a family-friendly tool that helps connect families to support. Parents Thrive Colorado is a no-cost, accessible, and culturally responsive website that provides supportive information, relatable peer stories, and well-organized resources that address mental health and related needs. We will explore this valuable tool and discuss ways participants can use it to connect a diverse array of families to resources that will help them feel supported across their parenting journey.

Track: Health, Safety & Resources for Families

Topic: Connection to Supportive Resources

Language: English

Level: Appropriate for All

Room: Beaver Creek

Dinamicas y cuidado infantil basados en la educacion socioemocional y experiencias con trauma

Natalie Magnatta, Denver Public Library

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

Esta presentación basada en estudios científicos proporciona una introducción sobre el desarrollo del cerebro y cómo el estrés y el trauma afectan al cerebro. También exploraremos las mejores prácticas según lo que conocemos sobre el impacto de los traumas, incluyendo formas de conectar con los niños, actividades divertidas para apoyar el desarrollo del cerebro y prácticas para mejorar la autorregulación.

Track: Health, Safety & Resources for Families

Topic: Trauma-Informed Care

Language: Spanish
Level: Appropriate for All
Room: Vail

Empoderando la voz de la familia a través de los Consejos Asesores de Padres de HIPPY

Catalina Gonsales, Mile High United Way, Gloria Fuentes, Mile High United Way, Molly Yost, Mile High United Way

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

Empowering parents is central to the HIPPY model. This workshop will explore the launching of an innovative 11-member HIPPY Early Childhood Parent Advisory Council at Mile High United Way. This unique program feature is designed to 1) further empower parents to serve as early childhood education ambassadors and gain a deeper understanding of where and how decisions are made that impact families with young children; 2) inform MHUW's comprehensive early childhood strategies/partnerships in targeted neighborhoods through participatory research; and 3) utilize parent-led research findings to identify a challenge and create a project-based solution uniquely tailored to their community. Home visitors will share details about the design of the Council, successes, challenges, and considerations for replication.

Track: Innovative Program Strategies
Topic: Recruiting / Engaging Families
Language: Spanish
Level: Appropriate for All
Room: Salon G

The importance of early literature pre-birth

Pedro Mendez, Denver Public Library

When does learning begging for a child? We consistently hear messages about the importance of reading to children during the first few years of life. However, recent work has demonstrated that early literacy begins well before the child is born. In this session, we will explore when early literacy in a child's life begins to develop pre-birth and build skills that will help expecting parents build a routine pre-birth that can set up a child and a family for success and develop a love for reading.

Track: Parenting & Child Development
Topic: Reading & Literacy
Language: English
Level: Introductory
Room: Salon H

Being Successful with Self-Care

Susan Kay, Denver's Early Childhood Council

The problem with self-care is not that we don't know what to do to take care of ourselves. The problem is that we don't do it! I'm guessing you could name at least five things you "should" do to take better care of yourself...but are you doing them? Learn how a shift in mindset, combined with some simple but unique strategies, can increase your success with making and sticking with your commitments to self-care. There will be time in this workshop to begin working on your commitment and plan so you can experience success right away! Everything you learn can also easily be shared with families so they, too, can begin to be more successful with their self-care.

Track: Health & Well-Being for Providers

Topic: Mindfulness / Self Care

Language: English

Level: Appropriate for All

Room: Keystone

CIRC Know Your Rights

Q Phan, Colorado immigrant Rights Coalition Alexis Valeriano, Colorado immigrant Rights Coalition

KNOW YOUR RIGHTS: Everyone has basic rights under the U.S. Constitution regardless of your immigration status. By going through a Know Your Rights program, we can provide the immigrant community with tools and training necessary to navigate the immigration system. Join CIRC for a workshop that will focus on informing immigrants how to stay safe through common every day scenarios with law enforcement, what to do when Immigration and Customs Enforcement (ICE) arrives, and a brief history of the law and its impacts in Colorado. Available in both English and Spanish!

Track: Health, Safety & Resources for Families

Topic: Immigration Resources

Language: English

Level: Introductory

Room: Evergreen

Using the Colorado Family Engagement Framework

Amanda Culbertson, Office of Early Childhood, Carrie Germeroth, Marzano Research

The purpose of the Colorado Family Engagement Framework (Framework) is to define and identify important family engagement concepts to be applied across early childhood sectors and agencies. The Framework mission aligns with the new early childhood department vision, that all Colorado children, families, and early childhood professionals are valued, healthy and thriving. Participants

will gain insight into how the Colorado Family Engagement Framework (Framework) can be incorporated into their early childhood settings. First, we will provide an overview of the purpose of the Framework and how it was developed. Next, participants will break into groups to dive into Framework components and brainstorm how to apply the information to their own work with families. Participants will record their thoughts on how they see the Framework supporting the work they do. Finally, participants will share strategies for engaging with families that align with the framework.

Track: Innovative Program Strategies

Topic: Recruiting / Engaging Families

Language: English

Level: Appropriate for All

Room: Salon F

Come Play with Me! Play-based mindfulness strategies to use with children

Paula Bishop, Parent Possible

Do you have a personal mindfulness practice? This interactive workshop is designed for anyone interested in learning more about integrating mindfulness-based strategies into their work with children and families. Participants will leave this workshop with several play-based activities that they can use to infuse mindfulness and social emotional learning into their work.

Track: Parenting & Child Development

Topic: Social Emotional Development

Language: English

Level: Appropriate for All

Room: Telluride

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

Expanding Referrals by Expanding the Early Childhood System of Care

Marisa A. Gullicksrud, LCSW, Invest In Kids, Iesha Mitchell, Invest In Kids, Kimberly Hirst, MPH, RN, Invest in Kids

Do you rely on that one social worker in the pediatric clinic to fill those caseloads? Do you have a program that the community would benefit from and want it to reach more people? Does Child Welfare/ Head Start/ Early Intervention provide most of your referrals?? Child First Program Director, Marisa Gullicksrud, and her colleagues, Iesha Mitchell (Director of Community Partnerships) and Kimberly Hirst (REACH Nurse coordinator) invite you to learn about the evidence-based Child First program and explore the ways we use a centralized referral system and community mapping tools to build community from a multi-disciplinary approach, and expand our reach in program provision.

Track: Health, Safety & Resources for Families

Topic: Connection to Supportive Resources

Language: English

Level: Appropriate for All

Room: Beaver Creek

Home Visiting State Connections

Adella Arredondo, Colorado Department of Human Services, Office of Early Childhood, **Rebecca Dunn**, Colorado Department of Human Services, Office of Early Childhood, **Kyra Montgomery**, Colorado Department of Human Services, Office of Early Childhood, **Adey Dimalanta**, Colorado Department of Human Services, Office of Early Childhood

An exciting opportunity for authentic connection with state CDHS, Office of Early Childhood Home Visiting Team. This will be time to receive updates, ask questions, learn about new initiatives and share your perspective. The strength of our work is collaboration, with stakeholders, partners, supporters of Home Visiting funders, parents and home visitors. Let's catch up, what new trends are you seeing, what supports, what are the latest innovative ideas you have.

Track: Innovative Program Strategies

Topic: Advocacy & Policy

Language: English

Level: Appropriate for All

Room: Salon F

Boost Your Brain-Building Skills! Free Tools and Resources to Help Children Prepare for School, Friends, and Life

Lucy Soffer, Parent Possible, **Denisse Diaz Orellana**, 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, parents and caregivers can have a positive impact on children's brain development.

This workshop will make it fun and easy for attendees to learn about the brain science of young children, and what they can do to help children prepare for school, friends, and life. Presenters will introduce free tools and resources that attendees can use directly with their children or families they work with. Information shared in this presentation will come from trusted sources such as the Harvard University Center on the Developing Child, Mind in the Making, Vroom, and others.

Track: Parenting & Child Development

Topic: Brain Development (0-5)

Language: English
Level: Appropriate for All
Room: Teluride

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
Room: Keystone

Trauma Informed Practices for Early Childhood

Natalie Magnatta, Denver Public Library

This research-based presentation provides an introduction on brain development and how stress and trauma affect the brain. We'll also explore Trauma Informed best practices, including ways to connect with children, fun activities to support brain development, and practices to improve self-regulation.

Track: Health & Well-Being for Providers
Topic: Trauma Informed Care
Language: English
Level: Appropriate for All
Room: Vail

Conozca sus derechos con CIRC

Q Phan, Colorado immigrant Rights Coalition Alexis Valeriano, Colorado immigrant Rights Coalition

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

CONOZCA SUS DERECHOS: Todos tienen derechos básicos bajo la Constitución de los Estados Unidos sin importar su estatus migratorio. Al pasar por un programa de Conozca sus Derechos, podemos brindarle a la comunidad inmigrante las herramientas y la capacitación necesarias para

navegar el sistema de inmigración. Únase a CIRC para un taller que se centrará en informar a los inmigrantes cómo mantenerse seguros a través de escenarios comunes con las fuerzas del orden público, qué hacer durante interacciones con la migra (ICE), y una breve historia de la ley y sus impactos en Colorado. ¡Disponible en inglés y español!

Track: Health, Safety & Resources for Families

Topic: Immigration Resources

Language: Spanish

Level: Introductory

Room: Evergreen

La importancia de la literatura prenatal

Pedro Mendez, Denver Public Library

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

¿Cuándo empiezan a aprender los niños? Constantemente escuchamos mensajes sobre la importancia de leer a los niños durante los primeros años de vida. Sin embargo, investigaciones recientes demuestran que la alfabetización comienza mucho antes de que el niño nazca. En esta sesión, explicaremos cuando empieza a desarrollarse la alfabetización en la vida de un niño antes del nacimiento y compartiremos habilidades que ayudarán a futuros padres a desarrollar una rutina prenatal que puede preparar al niño y su familia para el éxito, y a cultivar el amor hacia la lectura.

Track: Parenting & Child Development

Topic: Reading & Literacy

Language: Spanish

Level: Introductory

Room: Salon H

CLOSING REMARKS | 4:45 - 5:00 pm