



Challenge of Children Conference

May 18, 2017

Hope College in Holland, MI
www.ChallengeofChildren.org

Registration

- **Required before May 15**
- Workshop descriptions on the back.
- Sessions held throughout campus.
- Comfortable shoes, jacket and umbrella are suggested.
- Childcare will not be provided.

Online registration is required.

www.ChallengeofChildren.org

Donations are also accepted online.

Conference qualifies childcare providers for up to **4.5 hrs of training**. Training records will be available at the conference.

FREE

1 Day Conference

for Parents & Caregivers

The Challenge of Children conference is dedicated to informing, motivating, offering support, and networking opportunities on child development, child guidance, and other challenges related to parenting.

Schedule

8:00 a.m. – 1:30 p.m.

Registration

Hope College Maas Center
264 Columbia Ave

8:00 a.m. – 11:00 a.m.

Agency Exhibits

Hope College Maas Center

9:15 a.m. – 10:45 a.m.

Keynote Address

Dealing with challenging behaviors
Adam Holland, PhD
Dimment Chapel (Doors close at 9:15)

11:00 a.m. – 12:30 p.m.

Session 1 Workshops

12:30 p.m. – 1:30 p.m.

Lunch

\$11 if purchased during online registration,
\$12 if purchased on conference day,
or attendees may bring own lunch.

1:30 p.m. – 3:00 p.m.

Session 2 Workshops

KEYNOTE ADDRESS

Adam Holland, PhD is a research scientist at the Frank Porter Graham Child Development Institute located at the University of North Carolina at Chapel Hill. He has taught first grade, pre-kindergarten, and three year-olds with special needs. Dr. Holland's chief interest is in children's motivation and engagement. He has presented on these topics across the United States and internationally to a variety of audiences ranging from teachers and administrators to other researchers and professors.

Dealing with challenging behaviors

From time to time, all children exhibit challenging behaviors. The way we respond to those behaviors can help children grow in phenomenally powerful ways. In this keynote, we will discuss some common mistakes we all make, the best way to respond to challenging behaviors, and why these techniques work.

CONTRIBUTORS

20th Circuit Court of Ottawa County
Allegan County 48th Circuit Court
Family Division
CDS Lakeshore Head Start

Community Action of Allegan County
Community Mental Health of Ottawa County
Grand Haven Area Community Foundation

Hope College
Ottawa Area Intermediate School District
Ottawa County Department of Public Health

All Age Groups

1 Five deep breaths to de-stress

Monica Verplank, MA in Education, Mindfulness Educator

Learn to recognize your own stress response - what does it look like in the mind? Where does it cause physical tension in the body? Once you understand the brain science and physiology behind the stress response you can learn to recognize the onset of stress and use simple strategies to negate the stress response immediately. Simple breathing strategies will be shared. You can lessen your response to stress in five simple breaths, and find more harmony and more balance in your life.

2 Understanding the angry and broken heart

Rev. Lori Jo Schippers, Barnabas Ministries (Session 1 only)

Whether it increases gradually or hits seemingly overnight, anger in our kids is an issue faced by many parents and caregivers. This workshop will increase your understanding of what causes anger in youth and provide tools for understanding and healing the angry broken heart.

3 Struggling with debt? Tips on credit use and paying off debt

Jennifer Ortquist, MS, CFLE, Michigan State University Extension

Credit affects so many aspects of daily life. This workshop will address credit myths and facts, how to access your credit report, what is in a credit score, provide tips on how to create or improve credit, explore the cost of credit, and the steps to take if a victim of identity theft.

4 Teen drug trends

Stephanie VanDerKooi, MPH, CPS-M, Lakeshore Regional Entity

Heidi Denton, MSW, CPS-M, Allegan County

Community Mental Health

Navigating the teen years can be challenging. This presentation goes beyond the basic drug facts, and will talk about new and emerging drugs; where youth are learning about these new drugs locally; and how to engage in heart to heart talks about drugs and positive choices.

5 The impact of domestic violence on children and youth

Becky Stout, LMSW, Center for Women in Transition

This workshop will take an in-depth exploration into the traumatic effects domestic violence has on the developing brain of children; including information for parents and service providers related to behavioral challenges, trauma symptoms, and how to provide support to children recovering from trauma.

6 Fulfilling our children's needs

Adam Holland, PhD, University of North Carolina

Frank Porter Graham Child Development Institute

Every human on the planet has physical and psychological needs. A big part of parenting is providing for both kinds of needs to help our children become the best people they can be. In this workshop, we will explore how to most effectively fulfill children's needs, particularly the psychological ones. We will also discuss tips and tricks to make doing this easier, even for very busy parents.



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/challengeofchildren

Early Childhood

7 Importance of outdoor play

Tracy Trautner, Michigan State University Extension

Parents and providers will learn why structured outdoor play is important, what to do to increase the interest of kids who are reluctant to go outside, how to make the playground experience more meaningful, techniques for engaging, and responsive interactions between provider and child.

8 Early literacy essentials

Tami Mannes, PhD, Ottawa Area Intermediate School District

Recently, the Early Literacy Task Force (through the General Education Leaders Network), developed a research-based document outlining the essential early literacy practices. This workshop will focus on the preschool literacy essentials, what they are, what they look like, and ideas for implementation.

9 Crying, sleeping, and playing: using caregiving to model healthy habits for parents with infants

Leigh Moerdyke, LMSW, CPS-M, Pathways

This workshop will cover healthy habits caregivers and parents can develop and use with children. Topics covered include safe sleep, tummy time, and signs of child abuse or neglect. Participants will learn how to model healthy habits to encourage their use among parents. inconsolable crying will only be touched on briefly.

Elementary

10 Understanding child sexual behaviors and how to address them

Ashleigh Maat, LLMSW, Forensic Interview Specialist

Alli Watson, LLMSW, Therapist, Children's Advocacy Center

This workshop will provide information about child sexual behaviors specific to what is natural and healthy versus areas of concern. There will be an emphasis on different developmental levels and how to appropriately respond to sexualized behaviors in a way that will promote healthy boundaries. Participants will better understand child sexual behaviors (natural and problematic), learn how to promote healthy boundaries in children, and gain awareness of available community resources.

Middle/High School

11 Adolescent drug trends

Catholic Charities West Michigan (Session 2 only)

A panel of teenagers and a substance abuse therapist will discuss youth drug trends in our community. They will share what led to their use and how they could have stopped their progression. Participants will have an opportunity to ask questions.

Special Needs

12 Preparing your child with special needs for adulthood

Peggy Fakler, The Arc Advocacy & Resource Center of Ottawa County

Learn how parents of children with intellectual/developmental disabilities (including autism spectrum disorders) can prepare for the future. Training of employment readiness and independence skills begin in childhood. Schools teach academic skills, but parents have a critical role in teaching their child daily living and social skills at home.

13 Understanding autism spectrum disorders

Whitney Mitchell Krusniak, Ottawa Area Intermediate School District

This workshop will provide parents of young (or newly identified) children with autism spectrum disorders a foundation for understanding their child's disability. Examples of simple strategies to support everyday difficulties will be shared, to empower parents to support their child in new ways.