



Challenge of Children Conference

May 16, 2019

Hope College in Holland, MI
www.ChallengeofChildren.org

FREE 1 Day Conference

for Parents, Professionals & 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.

Registration

- **Required before May 13**
- 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.

Schedule

8 a.m.–1:30 p.m.

Registration

Hope College Maas Center
 264 Columbia Ave, Holland

7:45 a.m.–1 p.m.

Agency Exhibits

Hope College Maas Center

9:15 a.m.–10:45 a.m.

Keynote Address

Dr. Stephanie Grant, PhD, LPC, IMH-E®: A Brief Introduction to Trauma Informed Care
Dimnent Chapel (Doors close at 9:15)

11 a.m.–12:30 p.m.

Session 1 Workshops

12:30 p.m.–1:30 p.m.

Lunch

\$11 if purchased during online registration or attendees may bring their own lunch.

1:30 p.m.–3 p.m.

Session 2 Workshops

KEYNOTE ADDRESS

Dr. Stephanie Grant, PhD, LPC, IMH-E® will offer an overview of how childhood stress and trauma can change a child's brain and body. She will examine how such changes result in differences in how the child reacts to stress, in how they respond to their environment, and in what they may need from their environment to be successful. She will also highlight why traditional caregiving strategies may be ineffective for such children. Dr. Grant is a proud biological, adoptive, and foster mother of three (+) and Director of the REACH Parent-Child Program & Trauma Informed Communities at Developmental Enhancement Behavioral Health (DE). Dr. Grant loves her work. It is not just what she does, it is a part of who she is. Whether it's working with kids and their families, teaching college students, or providing trainings to adults, she looks forward to it. Her clinical work has been with children and their families. Her focus areas are on infant mental health and children who have experienced trauma, particularly trauma associated with foster care and adoption.

CONTRIBUTORS

20th Circuit Court of Ottawa County
 Allegan County 48th Circuit Court
 BRAINS

CDS Lakeshore Head Start
 Grand Haven Area Community Foundation
 Hope College

Ottawa Area Intermediate School District
 Ottawa County Department of Public Health

For questions, please contact the Challenge of Children Coalition at challengeofchildren@gmail.com

Challenge of Children is a community effort among health and human service organizations within Allegan, Kent, Muskegon and Ottawa Counties.

1 Caring for the Caregiver

Christi Demitz, MSW. Extension Educator for Financial and Homeownership Education
Michigan State University Extension

Caring for the Caregiver describes the situation that many caregivers find themselves in; they end up needing care themselves as they are likely to experience decreases in their physical and mental health when they become a caregiver for a child with special needs. Powerful Tools for Caregivers is a statewide, self-management program for caregivers. The workshop will provide the importance of such a program for caregivers in Michigan, some strategies taught during the workshop, and an overview of the curriculum.

2 Understanding the Benefits of Infant Massage for Infants and Caregivers

Danielle Boog, MS, OTR/L. Certified Educator of Infant Massage
BRAINS (Behavioral Resources and Institute for Neuropsychological Services)

Through this workshop, participants will be educated on the benefits of infant massage for the infant as well all involved caregivers. Bonding and attachment will be discussed as well as research presented to support nurturing touch through massage. Utilizing massage as an art of communication between infant and caregiver will be explored.

3 #porn: Today's Sex Educator

Heather Alberda, BA CSE. AASECT Certified Sexuality Educator
Ottawa County Department of Public Health

#foodporn #shoeporn #wordporn...Accessing porn no longer means a trip to the gas station, buying that magazine in a black bag and then convincing your friend to stash it at their house. This workshop will explore the history of pornography, the influence of pornography in our culture, and how to create conversation around porn with youth and young adults that is meaningful and lifelong. (Morning Session Only)

4 Connecting to Emotional Well-Being

Heather Dexter, ND. Naturopathic Doctor

We all have emotions. They change and shift frequently based on our experiences, perceptions, upbringing and more. During this 90 minutes; we will discuss and explore emotions, consider the impact of suppressed emotions and experience options for connecting with your emotions to create a Mind-Body Connection that can be utilized with any age person.

5 Balancing Life as Mom: Tips for Finding Better Balance in the Areas that are Most Important to Us

Jennifer Reminga, LMSW. Outpatient Therapist
BRAINS (Behavioral Resources and Institute for Neuropsychological Services)

In today's world moms wear many hats. This presentation will focus on strategies to identify the areas that are most important to us and create strategies to find better balance among them. Focus will be made on relationships, time management, self-care and ways to remain flexible with our ever changing lives.

6 Tips to Build Credit and Manage Debt

Jinnifer Orquist, MS, CFLE. Extension Educator for Financial and Homeownership Education
Michigan State University Extension

There is a lot of consumer confusion around "credit", and yet credit affects so many aspects of our daily life. This workshop will address credit myths and facts, explain the importance of credit reports and credit scores, and provide tips to improve credit and manage debt. (Afternoon Session Only)

7 When Kids Who "Just Have to Learn," Don't! How to Become Your Own Best Expert!

Linda Brauer, BS Ed, MSW. CHADD Chapter Coordinator
CHADD of Grand Rapids (Children and Adults with Attention Deficit/Hyperactivity Disorder)

Children with "hidden disabilities" may be expelled from school or repeatedly blamed and punished instead of taught what to do. Once the underlying problem becomes buried beneath their defense mechanisms, they would rather be viewed as "bad" than a fool for trying, and still failing. This seminar is to help parents and others become their own best experts, based on the child's unique needs and strengths, the reason for their behavior, and situation. (Afternoon Session Only)

8 LGBTQ+ Children and Youth: What They Experience and Need from Us

Matthew Clark, PsyD. Child and Adolescent Psychologist
The Clark Institute

A training workshop tailored for professionals working with children and young people. Intended to advance their knowledge, practice, and confidence in working with LGBTQ+ children and young people and families.

9 Understanding Anxiety: How Do the Sensory Systems Impact Our Emotions and How Can We Utilize Them to Help with Regulation

Molly Buist, OT. Occupational Therapist and Clinical Director/
President. The Center for Childhood Development

Is your child oversensitive to sounds, sights, textures, flavors, smells and other sensory input? Would you describe your child as anxious? Do you often wonder what's going on behind your child's behavior? When children have sensory processing challenges and anxiety together it can cause mayhem. The two often coexist and play off of each other, creating a variety of symptoms and effects. This workshop will help parents understand the concept of sensory processing, explore techniques to help manage the symptoms of emotional difficulties and discuss the development of emotion and regulation. This will help make better sense of why some kids do what they do. Oh, and we will play too.

10 The Value of Nature Play

Rachel Hucul, BA. Vice President of Early Childhood
Outdoor Discovery Center Network

We are living in a world filled with scheduled activities, technology, and stress on families. In this session, you will learn the benefits of unstructured play for a child's physical, social/emotional, and language development. Attendees will gain a deeper knowledge on how nature provides the opportunity for connection and stress relief. Learn strategies to take advantage of all of Michigan's seasons and help children get outside! (Morning Session Only)

11 Effective Strategies for Supporting Trauma Affected Children

Dr. Stephanie Grant, PhD, LPC, IMH-E®. Director of REACH
Parent-Child Program & Trauma Informed Communities
Developmental Enhancement Behavioral Health

Dr. Grant will expand on the information presented in her earlier keynote and will discuss in more detail why traditional caregiving strategies are often inconsistently effective when caring for children with trauma histories. She will also present strategies that will be more effective and provide examples of what those can look like.

12 ASD Understanding the Fundamentals

Whitney Mitchell Krusniak, MEd, ABD. Autism and Behavior
Specialist. Spring Lake Public Schools

This session will provide parents and educational providers of young, or newly identified children with autism spectrum disorders, a foundation for understanding the disability. By providing examples of simple strategies to support everyday difficulties, the speaker hopes that participants will leave feeling empowered and ready to support children with ASD in new ways.