







Workshop Line-up for 4th Annual Family Support Conference April 4, 2014

Morning Session 1 (9:15-10:30 AM):

1. Working with Families from a Family Systems Perspective

Presented by Jeffrey Dozoretz, Ph.D, Vice President of Prevention, Research and Evaluation, Child and Family Resources

Description of Workshop: This workshop will review five basic principles of Family Systems Theory, with an emphasis on how these principles can help to shift how we view and approach our work with families, to achieve more effective and meaningful changes for them.

What specific skills and strategies will workshop participants walk away with?

- Ability to view family interactions from a broader Systems perspective
- Understand how to better work with the family patterns of interacting to help produce change

2. My Smart Hands: Baby Signs

Presented by Alan Stockellburg, Fatherhood Facilitator, Teen Outreach Pregnancy Services, My Smart Hands Certified Facilitator

Description of Workshop: My Smart Hands with Allan will explore the world of using American Sign Language with children before verbal communications forms. This workshop will introduce you to the many benefits of using ASL along with the practical know how of when to introduce signs and what signs to start first. Attendees will also learn several strategies for incorporating ASL into everyday life and games to play with their children involving sign. The workshop will cover the alphabet, numbers 1-10, family signs, food signs and everyday baby signs. Knowledge of more than 50 signs can be expected along with handouts to help. The workshop will be approximately half discussion and half hands-on activities, so be prepared to learn and have fun!

- The appropriate time and manner in which to introduce sign language with infants
- 50 signs that are most commonly used to begin sign language
- Benefits of using ASL before the infants first spoken words









3. Baby Geniuses! Incorporating STEM in work with Preschoolers

Presented by Marie Fordney, Program Director & Supervisor for The Grrrls Project, and Arcelia Cornidez, Program Supervisor for The Grrrls Project, Child & Family Resources, Inc.

Description of Workshop: Science, Technology, Engineering and Math (STEM) learning experiences in the early years can affect future achievement in school and – ultimately – career earning potential. Minorities and women are still underrepresented in STEM fields, largely due to societal expectations and stigma. This workshop will teach participants how to incorporate STEM learning on a daily basis when working with preschoolers (aged 3-5 yrs). Participants will listen, watch and practice basic information and skills to move their work in this important direction that can affect the long-term success of the children you care so much about!

What specific skills and strategies will workshop participants walk away with?

- Participants will be able to describe the importance of incorporating STEM when working with young children, including the affects of early learning experiences on the brain, underrepresentation of women and minorities in STEM fields, and increased earning potential for those choosing STEM careers.
- Participants will be able to incorporate technology on a daily basis and utilize The Scientific Method and The Engineering Process to explore questions and problems, building on the natural curiosity of the children in their care.
- Participants will take away lesson plans they can use in their own work with children aged 3-5 years.

4. Where Pink Meets Blue

Presented by Kerrie Green, Senior Program Supervisor, Healthy Families, Child and Family Resources

Description of Workshop: This workshop will be part story-telling about one parent's experience raising a gender non-conforming child and will also include information about basic language around gender issues. There will be child development information about gender identity formation, risks and protective factors for this population, and referral information for participants.

- A parent's perspective of the experience of raising a gender non-conforming child
- Increased cultural competence around what gender non-conformity is
- Challenges in parenting
- Risks for this population
- Resources and referral information









5. "I'm Not Asking Anyone for Help": Respecting Male Help Seeking Behaviors

Presented by Neil Tift, Father Involvement Program Director, Child Crisis Center in Mesa

Description of Workshop: Staff employed in any community agency that works with families recognize that their primary clientele are mothers and children. Men and fathers are often reluctant to request assistance for a wide variety of reasons. In order to address this tendency, this session will provide insights into understanding this dynamic and provide specific recommendations to engage males and fathers more effectively.

What specific skills and strategies will workshop participants walk away with?

- To identify messages that males receive about masculine role socialization and how that impacts their willingness to seek assistance.
- To recognize barriers that many males confront in receiving assistance from service providers.
- Propose suggestions to increase staff's capacity to work more effectively with men and fathers

6. Goal Plans: Getting from Idea to "There"

Presented by Matt Maynard, Program Supervisor, Child and Family Resources, Inc.

Description of Workshop: A discussion on how to create more effective goals with families we serve. A series of conversations and demonstrations to have the audience reflect on the importance of goals, how they are in the way of the planning process, how to meet people where they are in the process, and why are SMART goals stronger goals, all from a strengths based, cycle of change approach.

What specific skills and strategies will workshop participants walk away with?

- How to expand on basic change theory knowledge and apply it to positive goal planning
- Assess where someone presents in the change process
- Reflective skills regarding how as staff one can interrupt the change process and completion of a goal
- In-depth knowledge of SMART goals and steps
- How to support and continue to motivate the completion of goals

Workshop Session 2 on next page









Workshop Session 2 (10:45-12:00 PM):

1. Diving into Infant/Toddler Mental Health

Presented by Jordana Saletan, LMSW, Easter Seals Blake Foundation

Description of Workshop: Infant/Toddler mental health is the foundation of our work with families with young children. Learn about infant/toddler mental health including core concepts; foundations of brain and socio-emotional development; and the basics of attachment and bonding.

What specific skills and strategies will workshop participants walk away with?

- Participants will be able to better understand the core concepts of infant/toddler mental health.
- They will gain a theoretical foundation in social and emotional development of young children;
- They will gain insight into the early phases of brain development.
- They will learn more about the process of attachment and bonding.
- They will gain strategies to use based on these principles when visiting with families in their home.

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3. Bringing the Early Learning Standards into the Home

Presented by Lauren Zbyszinski, Program Specialist/ Professional Development Coordinator, Arizona Department of Education

Description of Workshop: The Early Learning Standards have been developed to provide a framework for the planning of quality learning experiences for all children 3 to 5 years of age. They cover a broad range of skill development and provide an instructional foundation for all children. This workshop will allow participants the opportunity to discuss the standards and identify strategies to incorporate the Early Learning Standards in the home.

What specific skills and strategies will workshop participants walk away with?

- A copy of the newly revised Arizona Early Learning Standards
- Strategies to incorporate at home
- A copy of material recommendations for activities

4. Baby Geniuses! Incorporating STEM in work with Preschoolers

Presented by Marie Fordney, Program Director & Supervisor for The Grrrls Project, and Arcelia Cornidez, Program Supervisor for The Grrrls Project, Child & Family Resources, Inc.

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- Participants will be able to describe the importance of incorporating STEM when working with young children, including the affects of early learning experiences on the brain, underrepresentation of women and minorities in STEM fields, and increased earning potential for those choosing STEM careers.
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- Participants will take away lesson plans they can use in their own work with children aged 3-5 years.









5. Facilitating Positive Parent-Child Interactions

Presented by Debbie Curley, Program Director, Family Resource Centers, UA Cooperative Extension, Santa Cruz County and Ashley Dixon, Teaching and Research Associate, UA Norton School of Family and Consumer Sciences

Description of Workshop: This session will emphasize the importance of facilitating positive parent-child interactions and the long-term effects they can make on parents and their children. We will review videos of parent-child interactions from an evaluative study by the UA Norton School of Family and Consumer Sciences and discuss strategies on identifying positive parenting behaviors in the context of parent-child interactions. We will also highlight specific activities and resources to provide parents to make improvements.

What specific skills and strategies will workshop participants walk away with?

• Participants will learn strategies and vocabulary to provide support to parents on topics such as building language skills; responding to cues and following the child's lead.

6. Assisting Fathers of Children with Special Needs

Presented by Neil Tift, Father Involvement Program Director, Child Crisis Center in Mesa

Description of Workshop: This session addresses the emotional impact that a child with special needs may have upon a father and his family, what social service agencies may do to encourage healthy father involvement, and how to employ father-friendly practices in the delivery of their services.

What specific skills and strategies will workshop participants walk away with?

- To examine current research about the dynamics that the birth of a child with special needs has upon a father.
- To explore the unique role that fathers play in their child's life and the challenges he faces in accepting his child, parent-child bonding, advocating for family assistance, pursuing family dreams, and sharing parenting responsibilities.
- To provide participants the opportunity to understand their personal attitudes about specific special needs and about involving fathers.
- To propose techniques and strategies in providing services to work effectively with fathers of children with special needs.

Workshop Session 3 on next page









Workshop Session 3 (2:00-3:15 PM):

1. My Smart Hands: Baby Signs

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- A copy of the newly revised Arizona Early Learning Standards
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3. Domestic Violence and Home Visitation Goals

Presented by Ellie Nierstedt, MIECHV Project Coordinator, ACESDV

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What specific skills and strategies will workshop participants walk away with?

- A copy of the newly revised Arizona Early Learning Standards
- Strategies to incorporate at home
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4. Emotion Coaching and the Four Parenting Styler: What Am I Feeling?

Presented by Jordana Saletan, LMSW, Easter Seals Blake Foundation

Description of Workshop: Children nurtured by caregivers who value and guide emotions have better success making friends, higher levels of academic achievement, and fewer health problems overall. Come learn the five-step approach to parenting that can help create stronger relationships while preparing children to better understand and cope with emotions.

What specific skills and strategies will workshop participants walk away with?

- A better understanding of meta-emotions
- An introspective on their own experience with emotion
- Identify ten emotions and how they feel when children display these emotions
- Identify the four parenting styles in relation to emotion
- Understand the five steps to Emotion Coaching and how it impacts children's learning
- Better support parents in learning to teach their own children about emotion

5. Working With Parenting Teens

Presented by Camille Cooke, Parenting Case Manager/Health Educator and Ceit Blue, Childbirth Educator/Health Educator/ Case Manager, Teen Outreach Pregnancy

Description of Workshop: This workshop gives an overview of how to effectively work with and provide services to pregnant and parenting adolescents. There is an emphasis on brain development and personal bias evaluation.

What specific skills and strategies will workshop participants walk away with?

• Effective engagement strategies to promote the success of programs that serve adolescents









6. Exploring Factors Impacting Neurocognitive Development: Implications for the Home Visitor

Presented by Ann Tarpy, Executive Director, Governor's Council on Spinal and Head Injuries

Description of Workshop: This workshop will examine brain behavior relationships to understand: how the brain works, neurocognitive development, behavior-expectations, environment, external cues, impact of the interruption of neurocognitive development (e.g. from injury, living in an abusive environment), and the implications for the home visitor.

What specific skills and strategies will workshop participants walk away with?

- Increased competency and enhanced capacity of the home visitor to provide guidance and support to families
- Tools to provide education to parents about neurocognitive development
- Assist in establishing realistic goals and expectations for child(ren)
- Increased awareness of brain injury-related resources for the home visitor and for the families

7. Keynote Session Follow Up

Presented by Madeline McClure, Tex Protects

Description of Workshop: During the keynote session Madeline will explore the impact of home visitation on child abuse prevention. This session will allow for additional information and more in depth questions.