



MAY 13
2010

Registration Form

Workshops are free, however, registration is required. If you choose to take advantage of the lunch buffet, payment by check or money order must accompany this registration form and is non-refundable. Make checks payable to *Challenge of Children*. Refreshments will be available for purchase at the Kletz in the De Witt Building from 8 a.m. to 2 p.m. Childcare is not provided. Comfortable shoes, jackets and umbrellas are suggested.

Use this form to register, then pick up conference materials, folder, and lunch ticket at **8 am at the Hope College Maas Center**. No written confirmation will be sent to you. The workshops that have been assigned to you will be listed in your conference folder.

**Registration
deadline:
May 8**

Questions?

Ottawa County
616-796-1504

Muskegon County
231-767-7274

Allegan County
269-686-4659

Mail to:
Robin Lyons,
Challenge of Children
2243 33rd Street
Allegan, MI 49010

No fax or phone
registrations accepted.

(PLEASE PRINT)

Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ County _____

I would like: buffet lunch (\$10-enclosed) no lunch

Lunch times will be assigned.

Registrations in the same envelope will be given the same lunch time.

This conference is funded solely by contributions. Your donation will help to secure future conferences. Checks payable to *Challenge of Children* and return with your registration form. I would like to make a donation to the *Challenge of Children* conference:

yes, amount _____ (enclosed) no

Workshop Choices:

Please identify workshop by number.

	Session 1 10:30-11:45 am	Session 2 1:15-2:30 pm
1st choice	#	#
2nd choice	#	#
3rd choice	#	#

Please list your 1st, 2nd, and 3rd choice options for each time period. You will be assigned your 2nd or 3rd choice only if your 1st choice is unavailable.

This conference qualifies licensed childcare providers for up to five contact hours. Visit challengeofchildren.org for a training record. Participants seeking other continuing education units should check with their certifying association for requirements.

Workshop Descriptions

AM Sessions: 10:30-11:45 a.m.

1. Creating a Safe Environment for Children

Presenter: Angie Harwell & Amy Dalman

Age Group Focus: All Ages

You can prevent child sexual abuse. Alarming, the median age for reported abuse is 9 years-old and only 10% of children are abused by strangers. This workshop will provide parents and other caregivers with simple proactive steps to protect children from sexual abuse.

2. Positive Parenting Strategies

Presenter: Ann Heerde, LMSW

Age Group Focus: All Ages

Non compliance from children is a hurdle that every parent struggles to get over. This workshop will provide you with some additional tools for gaining greater compliance from your children. Methods are effective for children as young as 3 through adolescence.

3. Pervasive Developmental Disorders: Aspergers & Autism

Presenter: Bobga Fomunung, MD

Age Group Focus: All Ages

Attendees will be able to get a clear understanding of the different types of Pervasive Developmental Disorders and how to deal with the behavioral problems associated with Autism and Aspergers in particular.

4. Raising Responsible & Independent Children

Presenter: Christine Gockman, PhD

Age Group Focus: All Ages

Part of parenting is to prepare children for life without us. The focus will be on why responsibility and independence are essential to child development. Also discussed will be the child's and parent's role in the process and obstacles for each.

5. Sign, Play & Sing - Learn American Sign Language with Your Little One

Presenter: Darcy Logan

Age Group Focus: Infant, Preschool

This workshop will introduce you many to signs your child can use to communicate with you. Using research-proven methods shown to speed language development in hearing children, you'll see how sign language can ease frustration and enhance long-term learning abilities for your child.

6. Parenting With Love & Logic

Presenter: Dave Sipka, MA

Age Group Focus: All Ages

Do your children push your buttons? Do you ever become so angry with your child's behavior that you could just cry? Are you exhausted at the end of most days? Find out how to work with your child without breaking a sweat. You will learn strategies that you can use immediately.

7. Healthy Bodies

Presenter: Heather Alberda

Age Group Focus: Adolescent

Worried about "the talk"? This workshop will help prepare parents for the signs of puberty as well as give parents the tools they need for continuing open communication about making healthy sexual choices.

8. Stress Management

Presenter: Jane Hart

Age Group Focus: All Ages

Everybody has stress – it's what we do with that stress that makes a difference. Learn what stress is, and what it does. Techniques will be discussed to help keep yourself cool in these very trying times.

9. Grieving Children-Grieving Teens

Presenter: Kathy Miedema, LMSW

Age Group Focus: Preschool, Elementary, Middle & High School

This presentation will discuss the way children and teens experience grief. Participants will learn about normal, abnormal and traumatic grief, complicators and signs/symptoms of grief, as well as healthy coping tools for healing.

10. Ready or Not? Kindergarten Readiness

Presenter: Kathy Peppin

Age Group Focus: Infant, Preschool

Being ready for kindergarten is much more than knowing the ABC's. Find out the expectations of today's kindergarten and take home suggestions for activities that you can do throughout the year to help your child prepare and be successful in the wonderful journey of...Kindergarten!

11. More Hugs & Kisses

Presenter: Ken Horn

Age Group Focus: Infant, Preschool, Elementary

This presentation will examine: ages & stages of brain growth & development, windows of opportunity for the brain, the impact of media & toys, the role of emotions & stress, the impact of nutrition, the benefits of play & choice. You will leave with a clearer understanding of the importance of childhood experiences and strategies that adults can use to maximize children's brain growth & development.

12. What's so S.A.D. about the Standard American Diet?

Presenter: Kim Douglas, MFA

Age Group Focus: All Ages

The director of Yale Medical School's preventative medicine program & Oprah's health editor, states that "Children are more harmed by poor nutrition than by exposure to drugs, alcohol and tobacco combined." We must begin to make changes in how we feed our kids. Come learn about hidden ingredients in common foods and simple steps to improve the health of our children and families.

13. Help Your Family Make Healthy Choices

Presenter: Lisa Uganski, RD

Age Group Focus: All Ages

Our children are suffering from an obesity epidemic. Participants will examine the complex problem and learn some realistic ways to establish healthy habits for their families. Workshop will focus on ways to make healthy eating and physical activity fun! Parents will create a healthy action plan for their family.

14. Reading with Your Child Can be Fun

Presenter: Melba White-Newsome, MEd

Age Group Focus: Preschool

Parents and caregivers will leave with ideas and practical activities that support reading by using things found around the house. Resources for finding great books will be given. Come and have fun while we learn together!

15. Understanding and Encouraging Speech & Language Development

Presenter: Melissa Black MA, CCC-SLP

Age Group Focus: Infant, Preschool

In this workshop we will examine basic language development as well as how and why children communicate. Ways to encourage speech and language will be discussed and red flags for concern for language development will be identified.

16. Successfully Treating Child/Adolescent ADHD, Anxiety & Depression without Medication

Presenter: Michael Jansen, PhD & Dr. Timothy Royer, PsyD

Age Group Focus: All Ages

If you have ever questioned your child's diagnosis of one of these disorders, this workshop is for you. We will discuss using advanced electroencephalograms (EEG) technology to make quick, definitive diagnoses of child/adolescent ADHD, anxiety and depression. Information about successful treatments using neurofeedback without medication will be provided.

17. Everyday Ways to Support Your Child's Development

Presenter: Misa Watson & Marilyn Handy

Age Group Focus: Infant, Preschool

Have you ever asked yourself "What can I do to support my infant, toddler or preschooler's development?" If so, join us for information about children's developmental milestones and ideas for fun and easy activities to help you support your child's development.

18. Nurtured Heart Approach to Challenging Behaviors (Howard Glasser)

Presenter: Nora Butcher, LMSW

Age Group Focus: All Ages

In this workshop you will learn the basic concepts and techniques to successfully use the Nurtured Heart Approach by Howard Glasser. This approach has been proven to successfully transform challenging and difficult children.

19. More than a Mom

Presenter: Peggy Fakler

Age Group Focus: All Ages

Have you focused on parenting your child with special needs and put aside your own needs? Moms who have kids with disabilities can live a full and balanced life! Strategies will be shared on how to cope, adapt, and even thrive as a mother of a child with developmental differences.

20. Anger in our Kids: Identifying, Understanding, & Healing the Angry Heart

Presenter: Rev. LoriJo Schepers

Age Group Focus: All Ages

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.

21. Optimize Your Child's Life & Learning with Brain Science

Presenter: Stephanie Smallwood

Age Group Focus: Elementary, Middle & High School

Focus! Effort! Emotions! Memory! These are some of the tools our brain uses to manage our lives, from learning math to cleaning our rooms, from social relationships to self-image. Discover how you can use recent scientific research to support your child's best life at home and at school.

22. Breaking Down the Walls: Working with Oppositional Defiant Children

Presenter: Steven Vitto, MA, BTC

Age Group Focus: All Ages

This presentation will focus on evidenced based strategies for supporting children who present oppositional and defiant behavior. Strategies will be presented for preventing and diffusing outbursts and developing long term coping strategies and replacement skills. Hands on activities and resources provided.

23. Creativity & Kids: Inspire Your Child's Creative Journey

Presenter: Susan Loughrin, MA

Age Group Focus: Elementary

A wonderful workshop designed to inspire your child's creative journey (and yours!). We will explore simple ways to bring creativity into your everyday world through visual arts, music, and movement activities all designed to work into your busy lives.

24. Advances in Treatments for ADD/ADHD

Oren Mason, MD

Age Group Focus: All Ages

ADD/ADHD is often misunderstood. Recent science is helping us diagnose and treat it with increasing success. Learn how to recognize ADD/ADHD and what can be done to make a difference in the lives of children with it.

PM Sessions: 1:15-2:30 p.m.

2. Positive Parenting Strategies

See Description AM Session

6. Parenting With Love & Logic

See Description AM Session

8. Stress Management

See Description AM Session

11. More Hugs & Kisses

See Description AM Session

16. Successfully Treating Child/Adolescent ADHD, Anxiety & Depression without Medication

See Description AM Session

22. Breaking Down the Walls: Working with Oppositional Defiant Children

See Description AM Session

25. Planning for the Rising Cost of College Education

Presenter: Aaron DeVos, Certified Financial Planner™

Age Group Focus: All Ages

This workshop is designed to educate students, parents, and grandparents on what today's cost of college entails, how to budget and save for these increasing costs, and an overview of various investment strategies specific to education funding.

26. Parent-Child Relationship: Connecting & Nurturing

Presenter: Deb Spoons, MA, LLP

Age Group Focus: All Ages

Over the last ten years, discoveries in brain development and function have enlightened our understanding of healthy parenting. In this workshop brain science will be demystified while both practical and achievable tips to improve conscious parenting are provided.

27. Understanding Social Skill Differences in Children with Autism

Presenter: Elizabeth VanderWege, MEd

Age Group Focus: Preschool, Elementary

Social situations for a child with autism can be as foreign as being in a strange country. Participants in this workshop will leave with a better understanding of the social difficulties their child may face, and strategies that could be implemented to ease their anxiety.

28. Having Fun with Music & Movement

Presenter: Joan Meeusen & Lynn Katt

Age Group Focus: Infant, Preschool

Exciting, interactive music and movement activities for young children. Learn how language, literacy, math, as well as creative and physical development are supported through these simple experiences.

29 Enjoying Your Teen-Ager

Presenter: Kathy Walton, MSW, ACSW

Age Group Focus: Middle & High School

This workshop will help parents learn about the normal changes in adolescents and the need for independence. It will help parents learn effective discipline strategies, positive communication skills, and ways to promote family bonding during these exciting years. We will also discuss how to help teens with future goals.

30. Ending the "Ostrich Principle"

Presenter: Kevin M. Epling, Co-Director Bully Police USA

Age Group Focus: Elementary, Middle & High School

Bullying is not a "rite of passage" or "kids being kids." It is the most common form of violence in our schools. The presenter will share his personal story of loss and activism to inspire you to begin the change in your community.

31. Surviving & Thriving After Family Violence

Presenter: Kim Douglas, MFA

Age Group Focus: All Ages

In this session we will discuss the wide-spread epidemic of family violence and its effects. Ways to foster healing and transformation will be presented for individuals impacted or concerned about this social ailment. The presenter will speak from personal experience documented in her recently published memoir.

32. Playmates & Friends: Promising Practices to Help Young Children Find Friends

Presenter: Kristi Carambula

Age Group Focus: Infant, Preschool

Friendship: What is so important about it? What does it look like in children ages 0-5? Learn to identify potential playmates and the vital roles that parents and other adults play in identifying possible friends and nurturing those friendships.

33. The Truth about Drugs & Teens

Presenter: Michelle Anguiano, LMSW, CAAC

Age Group Focus: Middle & High School

Talk with a panel of teens to learn about the latest drug trends and ways to deal as parents with the struggle of talking to your kids about using drugs. (Adults Only... For Confidentiality Purposes)

34. Parent Advocacy: You Can Create Change!

Presenter: Panel Presentation- Great Start Collaboratives

Age Group Focus: All Ages

Advocacy: What does it mean? Why should I undertake it? How do I do it? These questions will be answered in this session designed to help parents and others understand how purposeful advocacy can help create change to make our communities better places for children and families.

35. Understanding the Abandoned & Adopted Heart

Presenter: Rev. LoriJo Schepers

Age Group Focus: All Ages

Youth who have been abandoned in some way through adoption, divorce, death or other separation have unique needs. This seminar will provide understanding, encouragement, and help for parents and caregivers of abandoned and adopted youth.

36. Watch Less, Play More: The Benefits of Less Screen Time

Presenter: Sara Armstrong MS, RN

Age Group Focus: All Ages

Do you struggle to pull your children from the TV or computer? This session will focus on the negative effects of "screen time" on physical activity, nutrition, and stress levels. We will explore ways for children of all ages to unplug from technology and plug into life.

37. Quirky? Struggling? Understanding Kids Who Learn Differently

Presenter: Stephanie Smallwood

Age Group Focus: Elementary, Middle & High School

What to do when working harder, tutoring, and "negative consequences" do not help a child achieve success? This workshop will give everyone who works with kids a way to understand and encourage the learner who is plenty smart but struggles with learning.

38. Eat Right! Move More!

Presenter: Tammy Goldsmith, RD

Age Group Focus: Infant, Preschool

This session provides education on portion distortion, proper portion sizes, importance of physical activity, movement activities that take place in Head Start classrooms, how to cope with picky eaters, how to recognize the sensations of fullness, and the importance of family meals.

39. Discipline 101

Presenter: Veronica Pechumer

Age Group Focus: Infant, Preschool

This workshop allows parents to leave with actual discipline tools to use immediately for children birth to eight years old. A brief overview of Love and Logic will be provided.

40. Pick Your Battles - Conflict Resolution for IEP's

Presenter: Wanda Joseph & Susan Kuite

Age Group Focus: All Ages

Developing an effective and appropriate Individual Education Plan for a Special Education student requires a partnership between parents and educators. This workshop will discuss various approaches for responding to conflict as an opportunity for positive change.