

Oregon Parenting Educators' Conference

May 11, 2015 • CH2M Hill Alumni & LaSells Stewart Centers • Oregon State University • Corvallis, OR

Thank you for participating in the second annual Oregon Parenting Educators' Conference. We are pleased to offer you a wide variety of quality workshops intended to not only provide information, but practical application strategies that can be implemented in your community.

In an effort to help you make informed choices about the workshops that best fit your needs and interests, we have categorized them in two ways. The first is by identifying which *Parenting Education Core Knowledge Area* the workshop aligns with. We have also notated (with icons) *additional focus areas* that reflect workshops with information on specific populations or parenting educator roles. Please see the legend below for more detailed information.

Parenting Education Core Knowledge Areas

Core Area 1: Human Growth and Development

Core Area 2: Parent, Child, Family, and Community Relationships

Core Area 3: Parenting Education and Professional Practice

Additional Focus Areas



Home Visitors



Early Childhood Care and Education



Serving Cultural or Ethnic Minority Parents



Working with pregnant or parenting teens

Registration

Online registration is available at <https://conferences.bus.oregonstate.edu/Conference/opec/registration>





Questions

Please contact the Kim (kim.deck@oregonstate.edu), Angela (angela.bodwell@oregonstate.edu), or Denise at (541) 737-1013. Conference updates and information will also be available at <http://health.oregonstate.edu/hallie-ford/oregon-parenting-education-week>

List of Conference Workshops

Parenting Education Core Knowledge Areas





Additional Focus Areas

Alphabetical by Session	Core Knowledge Area 1	Core Knowledge Area 2	Core Knowledge Area 3	Cultural or Ethnic Minority Parents 	Early Childhood Care & Education 	Home Visitors 	Pregnant or Parenting Teens 
WORKSHOP SESSION 1							
A Panel on Parent Cafés		✓		✓			
An Introduction to The Marriage & Parenting Program	✓	✓		✓	✓	✓	✓
Beyond the Lecture: Applying the Principles of Adult Learning to Parenting Groups			✓				
Kind and Firm at the Same Time: An Introduction to Positive Discipline Parenting	✓		✓	✓	✓	✓	✓
Parenting Education: Creating a Professional Development System in Oregon			✓				
Positive Interactions In Spite of our Biases and Temperaments		✓	✓		✓	✓	
Readiness to Learn Begins at Birth: The Neuroscience That Defines the Foundation for Learning Through Relationship	✓			✓	✓	✓	✓
Tips and activities that support the development of parental involvement in children's early learning.		✓	✓	✓		✓	✓
What Do I Need to Know about Oregon's QRIS and the CCR&R System?	✓		✓		✓		
WORKSHOP SESSION 2							
Engaging Parents: A Reflection of Personal Facilitation Style & Communication Techniques			✓				
Exploring the absence of fathers in children's lives, presented from the Nurturing Fathers Program		✓	✓	✓	✓	✓	✓
Helping Our Toddlers: Developing Our Children's Skills (HOT DOCS)			✓		✓	✓	
Helping Your Child Learn Two Languages: A Parent's Guide		✓	✓	✓			
Infant Mental Health Endorsement in Oregon: What It Is and What It Is Not	✓			✓	✓	✓	✓
It Takes a Village - Collaborating to Meet the Needs of Adolescent Parents		✓			✓	✓	✓
Networking and Recruiting in Rural Communities			✓	✓			
Working with Families of Children with Developmental Needs in the Home and in Group Settings			✓		✓	✓	

List of Conference Workshops

Parenting Education Core Knowledge Areas

Additional Focus Areas

Alphabetical by Session	Core Knowledge Area 1	Core Knowledge Area 2	Core Knowledge Area 3	Cultural or Ethnic Minority Parents 	Early Childhood Care & Education 	Home Visitors 	Pregnant or Parenting Teens 
WORKSHOP SESSION 3							
Beyond Pathology: Three Essential Secrets For Transfiguring Dysfunction	✓	✓			✓	✓	✓
Engaging Parents: A Reflection of Personal Facilitation Style & Communication Techniques			✓				
Essential Components of Respectful Practice on a Home Visit			✓	✓	✓	✓	✓
Every Child Ready to Read	✓		✓	✓	✓	✓	✓
Screening for Safety	✓	✓				✓	
Self-Care and Reducing Burn Out: Stress Reducing Tools for Right Now!		✓	✓		✓	✓	✓
The Challenge of Working with Teen Parents: What Are Those Adolescents Thinking?	✓		✓		✓	✓	✓
Understanding Sensory Integration: Resources to Support Families of Children With Sensory Processing		✓			✓	✓	
WORKSHOP SESSION 4							
Engaging Parents through Social Media			✓				
Family Engagement Standards that Support Healthy Relationships in Oregon's QRIS		✓			✓		
Juntos: A collaborative effort to help parents and caregivers learn to build early literacy skills for Spanish speaking children ages 0-5		✓	✓	✓			
Pregnancy and Postpartum Mental Health: Prevention, Assessment, and Support	✓	✓				✓	✓
Promoting School Readiness Through Positive Parenting	✓		✓				
Reaching the Teen Father			✓				✓
The Power of Parenting Groups			✓				

Workshop Descriptions

Session 1 Workshops (9:45-10:45 am) Conference participants can select 1 workshop from each of the 4 sessions.

- ***An Introduction to The Marriage & Parenting Program***

National Parent Educator Jennifer Moss, MA, MFT presents a seminar designed to work with couples! Participants attending this workshop will discuss the joys of relationships and learn how to help couples examine their generational belief systems. Expect to think and share about sex, relationships, parenting, gender, feelings, communication, discipline, ideas around commitment and much more...

Presented by: Jennifer Moss, MA, MFT National Trainer/Consultant Nurturing Parenting Programs

- ***A Panel on Parent Cafés***

A facilitated discussion will provide an overview of the community café model and highlight the overall goals of the parent cafés. Positive outcomes include engaging parents in meaningful dialogues, promoting protective factors and developing leadership skills in the parent hosts (the parents who facilitate the parent cafés). In addition to these goals, there will be discussion on how parent cafés provide opportunity for organizations and agencies to develop partnerships with parents.

Presented by: Beth Gebstadt, Maternal and Child Health System and Policy Analyst for Oregon Health Authority

- ***Beyond the Lecture: Applying the Principles of Adult Learning to Parenting Groups***

Do you find yourself thinking..."if they just had more information, parents could be so much more effective!" Yet, despite how many times we tell parents what to do, their behavior does not change! Why is that? Review the principles of adult learning theory and share your most effective group activities and facilitation strategies.

Presented by: Pamela Evanston, Program Director at Parenting Now!

- ***Kind and Firm at the Same Time: An Introduction to Positive Discipline Parenting:***

Participants will be exposed to a wide range of proven parenting tools that are authoritative, positive, proactive, and respectful to both children and parents. In this highly interactive workshop, participants will experience the deep impact of learning simultaneously from the head and the heart.

Presented by: Steven Foster, Licensed Clinical Social Worker & Positive Discipline Lead Trainer

- ***Parenting Education: Creating a Professional Development System in Oregon***

Learn about the progress to date on the cultivation of a professional development system to meet the diverse needs of parenting educators in Oregon. This session will include an overview of the plan which includes adopting core knowledge areas, creating a recognition system to encourage quality in practice, convening a professional association for networking and advocacy, and developing statewide training.

Presented by: Kim Deck and Angela Bodwell, Co-Coordinator of the Oregon Parenting Education Professional Development System housed at Oregon State University

See next page for more workshops in Session 1 ➡

Session 1 Workshops (9:45-10:45 am) Conference participants can select 1 workshop from each of the 4 sessions.

- ***Positive Interactions In Spite of Our Biases and Temperaments***

As humans we are all biased in one way or another. What we do with those biases can greatly affect adult-child interactions. During this session you will explore your personal biases and temperament traits to discover how they alter your ability to meet the diverse needs of children.

Presented by: Crystal Persi, Special Populations Quality Improvement Coordinator & Teen Parenting Consultant

- ***Readiness to Learn Begins at Birth: Neuroscience That Defines the Foundation for Learning Through Relationship***

This workshop will introduce participants to the theoretical and research-based neuroscience of hierarchal and sequential brain development and attachment as the foundations for healthy social emotional development and foundations for lifelong learning and health. Motor activity as a means for developing self-regulation will be shared. Diagrams, videos, small group discussion and motor activities will be incorporated into the workshop.

Presented by: Sherri Alderman, Child Development Coordinator for Oregon Health Authority

- ***Tips and Activities That Support the Development of Parental involvement in Children's Early Learning***

Come join a discussion about the importance of parental involvement in children's learning. We will look at the latest research that links parental involvement to learning outcomes, the importance of building the practitioner-parent relationship, and the factors that need to be taken into account when working with parents. Participants will learn strategies and activities that support early learning.

Presented by: Kathleen McDonnell, Director at the Oregon State University Child Development Lab

- ***What Do I Need to Know about Oregon's QRIS and the CCR&R System?***

If you are curious about what Oregon's QRIS (Quality Rating and Improvement System) is and how CCR&R (Child Care Resource and Referral) programs help families find quality child care, this is the workshop for you. Parenting educators are essential to connecting families to these resources.

Presented by: Candice Scott, Early Learning Specialist and Robyn Lopez Melton, Project Coordinator of Oregon's QRIS at Western Oregon University Teaching Research Institute

Session 2 Workshops (11:00 am-Noon) Conference participants can select 1 workshop from each of the 4 sessions.

- ***Engaging Parents: A Reflection of Personal Facilitation Style & Communication Techniques***

What type of Parenting Education Facilitator are you? This interactive workshop will enable the participant to explore and assess their personal facilitation style. Participants will discuss facilitation strategies that actively engage parents and build communication and trust.

Presented by: Julie Buck, Parenting Education Coordinator at Coastal Families Together

See next page for more workshops in Session 2 ➡

Session 2 Workshops (11:00 am-Noon) Conference participants can select 1 workshop from each of the 4 sessions.

- ***Exploring the Absence of Fathers in Children’s Lives (presented from the Nurturing Fathers Program)***
National Parent Educator and Master Trainer for the Nurturing Fathers and Marriage & Parenting Programs, Jennifer Moss, MA, MFT presents on the “father wound” and explores positive discipline from the ‘male speak’ paradigm out of the Nurturing Fathers Program. Plan for an interactive group process and learn tools for understanding the concept of discipline from another perspective!

Presented by: Jennifer Moss, MA, MFT National Trainer/Consultant Nurturing Parenting Programs

- ***Helping Our Toddlers: Developing Our Children's Skills (HOT DOCS)***
The session will highlight key concepts from the HOT DOCS lessons – introducing and reinforcing parenting techniques and how they can be adapted to meet the needs of parents of children with behavioral and developmental challenges. Using proactive and positive behavior supports, this curriculum provides information to families around identification of triggering events, encourages pro-social skill developmental skills and the creation of individual support plans by the family. Participants will view program videos and materials and participate in sample class activities.

Presented by: Tamara Bakewell, Project Coordinator, Oregon Family to Family Health Information Center and Jody Wright, Director, Swindells Resource Center

- ***Helping Your Child Learn Two Languages: A Parent's Guide***
Will speaking my home language to my child confuse him as he starts learning English? This session will explore the answer to this and other common questions from families of young dual language learners. Parenting educators will learn how to support families to encourage their children's bilingual development.

Presented by: Dawn Hendricks, Faculty at Clackamas Community College

- ***Infant Mental Health Endorsement in Oregon: What It Is and What It Is Not***
In this session we will provide information on the Infant Toddler Mental Health endorsement. We will share the timeline, the audience, and criteria for the endorsement. Come to this session to learn about how this effort will support the field of early childhood.

Presented by: Robin Hill-Dunbar, Workforce Development Coordinator and Sherri Alderman, Child Development Coordinator at the Oregon Health Authority

- ***It Takes a Village - Collaborating to Meet the Needs of Adolescent Parents***
You know they are out there, but how do you get them engaged? Teen parenting families can be a tricky group. Overcoming the barriers to connecting with young parents can be difficult. In this session we will consider ways to develop a “village” to support the adolescent parents in your community.

Presented by: Crystal Persi, Special Populations Quality Improvement Coordinator & Teen Parenting Consultant

Session 2 Workshops (11:00 am-Noon) Conference participants can select 1 workshop from each of the 4 sessions.

- ***Networking and Recruiting in Rural Communities***

This workshop will give you strategies for networking and recruiting families in rural communities. Participants will identify networking entities, learn characteristics of reaching diverse populations, and learn successful strategies for recruiting families. Participants will have the opportunity to develop an action plan for the rural community that they are working in.

Presented by: Cindy Fincher, Certified Prevention Specialist at Speak Hope

- ***Working with Families of Children with Developmental Needs in the Home and in Group Settings***

Understand the impact that communication and environment can have on a child with special needs. This workshop will equip parenting educators with information including how to meet the child where they are “at”, hear strategies that will help you understand where “at” is, and offer supports for him/her to be successful.

Presented by: Terry Persson, Parent Coach and Educator at Creative Caring Solutions

Session 3 Workshops (2:30-3:30 pm) Conference participants can select 1 workshop from each of the 4 sessions.

- ***Beyond Pathology: Three Essential Secrets For Transfiguring Dysfunction***

The Nurtured Heart Approach (NHA) supports children and their families through skillful coaching towards success. It unveils the true reasons behind misbehavior and effectively transforms it. The NHA succeeds where so many programs fail when working with oppositional, intense and traumatized children, and is effective with a host of emotional challenges children experience in their lives.

Presented by: Catherine Brown, MA, Certified Trainer in The Nurtured Heart Approach, Licensed educator at Beings Well

- ***Engaging Parents: A Reflection of Personal Facilitation Style & Communication Techniques***

What type of Parenting Education Facilitator are you? This interactive workshop will enable the participant to explore and assess their personal facilitation style. Participants will discuss facilitation strategies that actively engage parents and build communication and trust.

Presented by: Julie Buck, Parenting Education Coordinator at Coastal Families Together

- ***Essential Components of Respectful Practice on a Home Visit***

In this session, participants will become aware of the essential components of respectful practice on a home visit.

Presented by: Cate Drinan Assistant Director of System Development at the Center for Improvement of Child & Family Services and Robin Hill-Dunbar, Workforce Development Coordinator at Oregon Health Authority

See next page for more workshops in Session 3 ➡

Session 3 Workshops (2:30-3:30 pm) Conference participants can select 1 workshop from each of the 4 sessions.

- ***Every Child Ready to Read***

Every Child Ready to Read is a parent education initiative that provides fun, inexpensive, everyday strategies that parents and caregivers can use to help children from birth to age five get ready to read. This workshop will teach five basic practices to develop a child's early literacy skills: talking, singing, reading, writing, and playing. Every Child Ready to Read is suitable for parents, grandparents, childcare providers, preschool teachers, and others who are concerned with the early literacy development of children.

Presented by: Carrie Kasperick, Youth Services Librarian at Monmouth Public Library

- ***Screening for Safety***

Domestic violence (DV) has negative effects on health outcomes for victims and children. Many home visitors and parenting educators find it challenging to conduct screening. We will examine the impact of DV on children and caregivers, discuss the value of raising these issues, and identify tools for screening and referral.

Presented by: Patrick Lemmon, Violence Prevention Consultant

- ***Self-Care and Reducing Burn Out: Stress Reducing Tools for Right Now!***

National Trainer and Consultant for the Nurturing Parenting Programs, Jennifer Moss, MA, MFT presents a hands on seminar on self-care and stress reduction. Through large group and small group process, participants will experience multiple stress management techniques using body awareness, movement and multi-media art. Participants will feel significantly energized and experience some stress reduction by the end of the presentation!

Presented by: Jennifer Moss, MA, MFT National Trainer/Consultant Nurturing Parenting Programs

- ***The Challenge of Working with Teen Parents: What Are Those Adolescents Thinking?***

Do you remember being 15? How about being a new parent? Now, morph those two memories together. Yikes! During this session we will consider the distinct developmental needs of the adolescent parent and take a glimpse at how and why teen parents think, act, and respond the way they do.

Presented by: Crystal Persi, Special Populations Quality Improvement Coordinator & Teen Parenting Consultant

Session 3 Workshops (2:30-3:30 pm) Conference participants can select 1 workshop from each of the 4 sessions.

- ***Understanding Sensory Integration: Resources to Support Families of Children With Sensory Processing Needs***

This workshop will focus providing parenting educators with tools and resources on communicating with parents on behavior concerns that might come up in the classroom or at home that relate to sensory needs in young children. Presenters will take participants through an exploration of strategies and resources to support parents of children with sensory needs.

Presented by: Amber Ryerson and Amanda Stanley, Early Childhood Specialists at Western Oregon University Teaching Research Institute

Session 4 Workshops (3:45-4:45 pm) Conference participants can select 1 workshop from each of the 4 sessions.

- ***Engaging Parents through Social Media***

Facebook, Twitter, Pinterest, Blogs...chances are, the parents you work with are on social media. Join us to learn how to authentically engage parents, families and partners using these tools. We'll share which platforms have worked best, how to maximize engagement, and simple strategies to incorporate social media into your workday.

Presented by: Rebecca Sheffield, LaneKids Coordinator and Holly Mar Conte, Director of Education at United Way of Lane County

- ***Family Engagement Standards that Support Healthy Relationships in Oregon's Quality Rating and Improvement System (QRIS)***

Meaningful family partnerships are critical to overall positive outcomes for young children including positive social-emotional development, school readiness, and lifelong success. Learn how Oregon's Quality Rating and Improvement System (QRIS) is encouraging and supporting Early Learning and Development Programs statewide to increase and improve family engagement practices.

Presented by: Cori Brownell, Early Learning Specialist at Western Oregon University Teaching Research Institute

- ***Juntos: A Collaborative Effort to Help Parents & Caregivers Learn to Build Early Literacy Skills for Spanish Speaking Children Ages 0-5***

Juntos is a collaborative project focused on building early literacy skills for Spanish speaking children ages 0-5 and their caregivers. Presenters will describe recruitment strategies and class logistics, application to kindergarten preparedness, and the benefits of integrating the Play and Learn model with the Every Child Ready to Read curriculum. Participants will learn about the exciting work that is being done to prepare parents and caregivers to increase literacy and school readiness using the Play and Learn model.

Presented by: Kara Olsen-Becerra and Lynette Wyncoop, Parenting Educators at Linn Benton Community College

Session 4 Workshops (3:45-4:45 pm) Conference participants can select 1 workshop from each of the 4 sessions.

- ***Pregnancy and Postpartum Mental Health: Prevention, Assessment, and Support***

Learn effective strategies for parent educators and home visitors to support and inform families about pregnancy and postpartum mental health and wellness. This workshop shares strategies for assessing, supporting, and engaging parents with a strength-based approach. Handouts include parent information, tips for partners, and reliable local and online resources.

Presented by: Wendy Davis, Executive Director at Postpartum Support International

- ***Promoting School Readiness Through Positive Parenting***

This presentation will highlight research-based parenting behaviors and/or activities that are shown to promote the development of executive function, social and emotional competency, and language in early childhood. These abilities are vital for children's school readiness and academic success.

Presented by: Staci Ebadirad, Graduate Student and Dr. Bridget Hatfield, Assistant Professor from the Oregon State University Department of Human Development and Family Sciences

- ***Reaching the Teen Father***

With a combination of testimony, self-examination, lecture, and candy we will unpack simple practical methods that will help you establish a deeper personal connection with the young men you serve in your program. We will also provide examples on how to use this to information in your program.

Presented by: Shanne Soward, Program Director at Squires

- ***The Power of Parenting Groups***

This dynamic, interactive workshop will focus on the power groups bring to parenting education. Participants will experience practical activities they can use in the parenting groups they facilitate, and understand the critical components of successful groups.

Presented by: Coleen Alexander, Parenting Educator at Parenting Now!