6th Annual Power of Parenting Conference

Saturday, February 23, 2013
8:00 a.m.-12:00 p.m.
HEDCO Building, University of Oregon Campus, 1655 Alder St.
Free parking available in parking lot next to HEDCO (corner of 17th and Alder).

Come meet and socialize with other parents, enjoy breakfast and learn parenting tips on a broad range of topics. Some bilingual and Spanish sessions available.

SPACE IS LIMITED. PRE-REGISTRATION IS REQUIRED!!

To Register: Contact Early Childhood CARES at 541-346-2578 or cmetz@uoregon.edu

Childcare: A stipend will be provided for self-arranged childcare. Limited childcare will be available on site if you cannot find your own. Call 541-346-2578 to reserve childcare space by Friday, February 15.

<table>
<thead>
<tr>
<th>Times</th>
<th>Class Topics</th>
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<th>Bilingual Topics</th>
<th>Spanish Topics</th>
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<tbody>
<tr>
<td>8:00-8:25 a.m.</td>
<td>Registration / Childcare Check-in</td>
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<td>8:30-9:30 a.m.</td>
<td>Parents Need (and Deserve) Recess, Too Keynote Speaker: Leigh Anne Jasheway</td>
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<td>Sibling Panel</td>
<td>The Power of Positive Communication</td>
<td>How to Raise Happy Readers</td>
<td>What Will They Take with Them?</td>
<td>Using Person-centered Planning to Plan for the Future</td>
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<td>Getting Ready for Kindergarten</td>
<td>Routine-based Strategies for Addressing Challenging Behavior</td>
<td>Serve and Return: A Developmental Game</td>
<td>Fun Movement Activities to Stimulate and Nurture the Developing Brain</td>
<td>Helping Children Heal from the Effects of Internalized Racism</td>
</tr>
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Keynote: Parents Need (and Deserve) Recess, Too
Leigh Anne Jasheway, Motivational Speaker and Author

Are you so exhausted you sometimes catnap on the toilet? Parenting can sometimes be draining and leave you feeling powerless. Fortunately, one of the best ways to get healthy and happy is to learn to reconnect with your own inner 5-year-old—the one who knew how to laugh, play and have fun. Join Leigh Anne for a fun and practical reminder of the power of recess. You’ll laugh so hard you’ll forget you’re a grown-up.

Sibling Panel
Susan Schulz, LCSW, Child Development and Rehabilitation Center (CDRC), Tom Keating, Rhea Cramer, Nick Abel and other panelists

Hear what it’s like to be a sibling of an individual who experiences a disability. Panelists will share the unique opportunities and challenges they experienced growing up and advice they have for parents.

Getting Ready for Kindergarten
LaWanda Potter, Representative, Early Childhood CARES; Dianna Hansen, FACT PI Coordinator for Central Oregon and Neva Donaldson, Program Coordinator, FACT

Getting ready for kindergarten is an exciting, yet possibly confusing time for parents of children with special needs. Come find out what parents need to know about the transition process and hear tips to help plan for a successful transition.

The Power of Positive Communication
Valerie Alexander, M.S., Supervisor, Early Education Program

Little ones have lots of big feelings. It can be hard to know how to deal with all those ups and downs in a way that stays positive. Parents will learn how to use positive communication to "coach" their child through their feelings in a way that will actually help parents and children grow closer.

Routine-based Strategies for Addressing Challenging Behavior
Natalya McComas, Behavior Specialist, Early Childhood CARES

This session will present practical tools for addressing challenging behavior within routines and describe how routine-based strategies can lead to overall positive behavior change.

How to Raise Happy Readers
Pattiebear Buff, Early Literacy Librarian, Springfield Public Library

Learn how to put early literacy principles into practice with your child through fun stories, finger plays and action songs.

Serve and Return: A Developmental Game
Melanie Berry, Psy.D., Postdoctoral Research Associate, Oregon Social Learning Center Developments, Inc. & University of Oregon

Learn how interaction between young children and significant caregivers shapes brain architecture and lays a foundation for future development.

What Will They Take with Them? (Bilingual Session)
Pamela Evanston, Training Manager, Parenting Now! and Ana Maria Dudley, Parent Educator, Parenting Now!

This session will use a suitcase exercise to help parents identify the values and goals they have for their children. Parents will learn how their daily parenting choices teach the values and lessons they most want their children to have in their adult lives.

Fun Movement Activities to Stimulate and Nurture the Developing Brain (Bilingual Session)
Early Childhood CARES Motor Team

Learn how movement impacts the developing brain and how parents can use fun movement activities to help stimulate and nurture their children. Come prepared to move, learn and have fun!

A Life, Not a Label: Using Person-centered Planning to Plan for the Future (Spanish)
Susana Ramirez, Special Education Advocate, Disability Rights Oregon and parent of a young adult with a disability

Come learn what a person-centered plan is and how parents can use this important tool to plan for a positive and possible future for their child.

Helping Children Heal from the Effects of Internalized Racism (Spanish)
Carmen Urbina, Parent, Community & Diversity Coordinator, Eugene School District 4J

When children start believing the stereotypes and misinformation they hear, they may hold themselves back from reaching their full potential. This session will focus on the effects of internalized racism and what parents can do to stop the cycle of oppression and help support their children.

THANKS TO OUR CONFERENCE SPONSORS
6ª Conferencia Anual para Padres

Sábado, Febrero 23, 2013
8:30 a.m.-12:00 p.m.
Edificio HEDCO, Universidad de Oregon, 1655 Alder St.
Estacionamiento gratis disponible a lado de HEDCO (esquina de la 17th y Alder).

Vengan a conocer y a socializar con otros padres, disfrutar un desayuno y a aprender consejos sobre una amplia gama de temas para la crianza de los niños. Habrá sesiones disponibles en Español.

¡¡ESPACIO LIMITADO, SE REQUIERE PRE-REGISTRO!!

Para Reservar un Lugar: Llamar a Early Childhood CARES al 541-346-0742

Guardería: Un rembolso esta disponible si hace arreglos de su propia guardería. Guardería limitada sino se puede hacer su propio arreglo. Llamar al 541-346-0742 para reservar lugar en la guardería antes del 15 de Febrero.

<table>
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<th>Horas</th>
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<tbody>
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Orador: También, Los Padres Necesitan (y Merecen) Ir al Recreo
Leigh Anne Jasheway
¿Usted esta tan agotado que algunas veces se queda dormido en el baño? Ser padre puede algunas veces ser agotador y hacerlo sentir impotente. Afortunadamente una de las maneras de estar saludable y feliz es aprender a reconectarse con su propia niñez –5 años- la cual sabía cómo reír, jugar y divertirse. Ven a recordar con Leigh Anne lo divertido y practico que era el recreo. Reirán tan fuerte que se olvidará que son adultos.

¿Qué se Llevarán con Ellos? (Sesión Bilingüe)
Pamela Evaston, Gerente Entrenador y Ana María Dudley, Educador de Padres
Esta sesión usará un maleta de ejercicio para ayudar a los padres a identificar los valores y las metas que desean para sus niños. Los padres van aprender como la experiencia diarias de crear, enseñan los valores y lecciones que ellos desean para cuando los niños sean adultos.

Actividades con Movimientos Divertidos para Estimular y Alimentar el Desarrollo del Cerebro (Sesión Bilingüe)
Equipo Motor de Early Childhood CARES
Aprendan como los movimientos impactan el desarrollo del cerebro y como los padres pueden usar actividades con divertidos movimientos para ayudar a estimular y alimentar el cerebro de los niños. Venga preparado para moverse, aprender y divertirse.

Planeación Centrada en la Persona (Español)
Susana Ramírez, Defensora de Educación Especial y madre de un adulto joven con discapacidad
Venga a aprender que es planeación centrada en la persona – una herramienta para crear una visión para su hijo/a!

Ayudar a los Niños a Recuperarse de los Efectos del Racismo Interiorizado (Español)
Carmen Urbina, Coordinadora de Padres, Comunidad y Diversidad del Distrito Escolar de Eugene 4J
Cuando los niños comienzan a creer en los estereotipos y la desinformación que escuchan, los oprime y no les permite alcanzar su máximo potencial. Esta sesión se enfocará en los efectos del racismo interiorizado y los que los padres pueden hacer para detener el ciclo de opresión y poder ayudar a sus hijos.

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GRACIAS A LOS PATROCINADORES