

La Semana 2017: Parent Education

Date Time	Speaker Topic	Session Description	Speaker Biography	Session Resources
<u>Monday,</u> <u>July 24</u> 1:15 pm	Sara Langworthy, Ph.D. Bridging the Relationship Gap: Building Resilience in Children of Adoption	Children who have endured stressful experiences in their young lives may be especially challenging to parent. Children who have been adopted may have had a variety of difficult early life experiences that affect how they think, feel, and behave. However, research shows that children of adoption can be incredibly resilient and can recover from early life challenges through stable and supportive relationships within caring families. <i>So how can parents build resilience in their children who were adopted?</i> In this presentation, Sara will share scientific research and practical strategies from her award-winning book <i>Bridging the Relationship Gap</i> . Sara will address approaches for working with children to build resilience and self-regulation skills, and give hope to parents dealing with children's tough questions and challenging behaviors.	Sara Langworthy, Ph.D. is an author, consultant, speaker and YouTuber. Her award-winning book, <i>Bridging the Relationship</i> cover the science of brain development, stress, and resilience, and provide practical strategies for working with children and families facing challenges. Sara is also an organizational advancement, evaluation, and digital communication consultant.	Book http://www.drlangworthy.com/book You Tube www.youtube.com/DevelopmentalEnthusiastChannel Twitter www.twitter.com/DrLangworthy YouTube www.youtube.com/DevelopmentalEnthusiastChannel Medium: www.medium.com/@DrLangworthy LinkedIn www.linkedin.com/in/drlangworthy Website www.drlangworthy.com
<u>Tuesday,</u> <u>July 25</u> 9:15 am	Marc Markell Sexuality and Development from Childhood through Adolescence	The presentation, "Talking With Your Children and Adolescents About Respect, Responsibility, and Relationships" will address issues around sexuality. Talking about sexuality can be difficult for some parents to address with their children. Part of the discomfort in discussing sexuality may be from lack of information about how to answer questions. We will discuss —sex education verses sexuality education, —Messages/General Information about sexuality education, —things for parents to consider when discussing sex and sexuality with children, and healthy dating relationship.	Marc Markell is a professor at St. Cloud State University in the Department of Special Education, and also teaches at the University of Minnesota part time. He is an Our Whole Lives (OWLs) facilitator. Owls is a sexuality curriculum that teaches respect, responsibility, and relationships. Marc is also a certified Thanatologist through the Association of	

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Death Educators and counseling, and certified in Death and Grief Studies from Colorado State University through the Center for Loss and Life Transition. Marc has published three books as well as a book chapter and numerous articles.

Tuesday,
July 25

1:30 pm

Barb Andrus,
B.S., CAPS
Electronic
“Addiction”:
How to Break
Free from
Battles Over
Screens

Have you ever tried to limit electronics but then given in because your child wouldn't stop badgering you? Do you feel guilty for sometimes “giving in” so your child is entertained rather than complaining? There is a REAL “addictive” quality to electronics and a proven, step-by-step protocol to restore health and harmony to families. In this interactive presentation, receive solutions from the *Free Your Family from Electronic “Addiction”* protocol that are key to having a calmer, more cooperative child with healthy boundaries around electronic usage.

You will learn:

- The effects of electronics on the brain and warning signs
- Needs that are getting met through the use of electronics
- Practical steps you can take right now if your child suffers from electronic “addiction”
- “Healthy” ways to use screens

Barb Andrus, B.S., CAPS, is a Certified Parent Coach, in her business Partners in Parenting. Her passion is teaching practical ways to achieve peace a harmony within families. As a Family Specialist for over 35 years, she is skilled at helping parents understand how the brain works and improving relationships, allowing for new and more effective ways to connect with their children. Barb has been certified through the Mad2Glad Certification Program and uses the cutting-edge strategies from the Mad2Glad Blueprint. Barb helps parents reveal the best version of themselves while raising happy, confident children.

www.partnersinparentingmn.com.

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<u>Wednesday,</u> <u>July 16</u> <u>9:30 am</u>	Samantha Moe 8 Pillars of Parenting for Peace at Home: Mindful Parenting	Are you stressed out and exhausted? Tired of your child's poor listening, lack of self-control and defiant behavior? Discover why your child pushes your limits, tries to control everything, and how you can transform your home into an enjoyable space rather than a war zone. In this interactive presentation you will receive solutions from the Mad2Glad Blueprint™ that are key to having a calmer, more cooperative child and restoring your sanity. You will learn: <ul style="list-style-type: none">• The number one reason for anger, anxiety and power struggles• The 8 Pillars of Parenting that are critical to creating a peaceful home• How parent coaching re-establishes confidence and authority	Samantha Moe Samantha Moe, M.A. SLP, is a Certified Parent Coach whose passion is teaching practical ways to decrease stress. Founder of the holistic and innovative Mad2Glad Blueprint™, she guides caregivers in her step-by-step approach to dramatically reduce defiance and disrespect and re-establish confidence and authority.	Relief@Mad2Glad.com Samantha Moe's 8-Step Summer Survival Plan for Parents
<u>Thursday,</u> <u>July 27</u> <u>9:30 am and</u> <u>1:15 pm</u>	Deb Reisner Love Is Not Enough: When Parents Get Woke	Transracial adoptive parents have their own journey with adoption and race. We will discuss the importance of understanding bias, stereotypes and privilege. And explore opportunities for ongoing growth, connection and understanding around race, culture and community.	Deb Reisner, with her husband Tim, is a transracial adoptive parent to 5 kids now ages 13 to 28. She is also a grandparent to the two most amazing boys ages 4 and 5. Deb works for the North American Council on Adoptable Children (NACAC) at www.nacac.org . She provides support and education to transracial families through NACAC's Minnesota Adoption Support Network. In addition to working for	

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NACAC, her professional experiences have included early childhood parent educator, family therapist, adult residential housing and services director and director of services and programs for people with developmental disabilities.

Friday, July 28
9:15 am and 10:45 am

Dr. Kimara Gustafson
How is Your Child Doing?
Common Questions and Further Evaluations of Latin American Adopted Children

Children and adolescents who were adopted from Latin America may have medical, psychological and/or developmental concerns that are unique to that history. Dr. Gustafson will provide an overview of concerns that may be specific to youth adopted from Latin America. In addition, she will discuss available resources and address questions raised by adoptive parents.

Dr. Kimara Gustafson is an Adjunct Assistant Professor of Pediatrics in the Division of Global Pediatrics and the Division of Pediatric Emergency Medicine at the University of Minnesota Masonic Children's Hospital. Dr. Gustafson sees children for Fetal Alcohol Spectrum Disorder medical evaluations, as well as domestic, internationally adopted, and foster care children in the Adoption Medicine Clinic. She completed her medical school and pediatric residency training at the University of Minnesota. She was adopted at 7 months old and grew up in New York.