

# Toddlers to Teenagers: Parenting Through the Years

**January 21, 2012**

**9:00 am to 3:15 p.m.**

Registration and refreshments at 8:30 a.m.

## Osborne Baptist Church

326 E. Stadium Drive, Eden, NC

**Pre-registration is required.**

\$10 registration fee for individual or \$15 for two\*

- ☞ Free quality child care onsite.
- ☞ Free transportation available.
- ☞ Breakfast and lunch are provided.
- ☞ All participants get a book for each child.

See the back of this flyer for information on the conference workshops.



## Keynote and Featured Speaker

Elizabeth  
Montero-Cefalo,  
Loving Guidance Associate

Elizabeth Montero-Cefalo has a Masters Degree in Early Childhood Special Education from the University of Miami. Her classroom was recognized as a model Conscious Discipline classroom by Dr. Becky Bailey and the Miami-Dade County Public School District. As a parent of two young children, Elizabeth can share many stories and videos of Conscious Discipline in action in the home as well. She is committed to connecting with all children, especially the most difficult. Elizabeth will provide the keynote address for the conference entitled *"Toddlers to Teenagers: A Better Way to Discipline Through the Years Using Conscious Discipline®"* and two break-out sessions.

## Conference Registration Form

Clip this form and return it to Rockingham County Partnership for Children  
P O Box 325, Wentworth NC 27375 or call Amber Williamson  
at 342-9676 ext. 201 to register with a credit/debit card.

Check One:  \$10 Individual  \$15 Group of two  
 Scholarship requested

Name: \_\_\_\_\_

Additional Adult Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Number of children attending and their ages: \_\_\_\_\_

Will you need transportation to attend the conference?  Yes  No

Do you or your children have any special dietary needs? If so, please explain. \_\_\_\_\_

\*If the registration fee presents a barrier to your participation, please return the registration form marked "scholarship requested" to request a waiver of the fee.

## **Keynote Workshop - 9:00 to 10:15 a.m.**

### **Toddlers to Teens: A Better Way to Discipline Through the Years Using Conscious Discipline<sup>®</sup>, presented by Elizabeth Montero-Cefalo, Loving Guidance Associate**

As parents, we have all found ourselves with the overwhelming challenge of raising our children during tough times. We may rely on ineffective ways to discipline our children such as reacting to their behaviors by yelling or nagging. Conscious Discipline teaches new skills that focus on changing the adult first in order to then have a positive impact on the child's behavior. Empower yourself with this knowledge to become the mindful parent you have always wanted to be.

## **Session 1 Workshop Choices - 10:30 to 11:45 a.m.**

- ☞ **Teaching Self-Regulation and Impulse Control to Infants and Toddlers** presented by Elizabeth Montero-Cefalo, Loving Guidance Associate. A growing amount of evidence indicates that children are entering kindergarten and first grade lacking the ability to self-regulate. Because self-regulation emerges through social connections, it is imperative that we teach impulse control to our infants and toddlers through attuned interactions. Learn natural and easy ways to develop these essential executive skills while connecting with your baby or toddler.
- ☞ **Planet Healthy Youth: Healthful Living Tips for the Whole Family** presented by Deirdre Moyer, Student Health Coordinator, Rockingham County Schools. The life expectancy of our children is decreasing for the first time in recent history due to the increased prevalence of childhood overweight and obesity. Join us for an interactive workshop where you will learn tips and activities you can do at home to help create a more healthy lifestyle for your entire family. Helpful information on how to get kids moving and eating nutritious foods will be shared.
- ☞ **"Is this Normal?" Child Development 101** presented by Amy Swisher, Program Coordinator/Evaluator, Rockingham County Partnership for Children. At what age should a child be sitting up, walking, talking, or reading? Have you ever wondered why toddlers bite, preschoolers hit, and teenagers talk back? Join us for an overview of the ages and stages of child development along with suggestions for what parents can do to support their child's healthy development along the journey.

## **Lunch provided onsite - 11:45 a.m. to 12:30 p.m.**

## **Session 2 Workshop Choices - 12:30 p.m. to 1:45 p.m.**

- ☞ **"She Hit Me! He Took My Toy!" Using Conflict as a Teaching Opportunity** presented by Elizabeth Montero-Cefalo, Loving Guidance Associate. How many conflicts occur in your home within just one hour? These challenging moments typically arise when children are missing vital social skills to deal with real-life situations appropriately. When parents choose to view these times as teachable moments, we can begin to show children what **TO DO** instead of focusing on what we don't want. Participants will learn conflict resolution skills they can begin implementing today!
- ☞ **Buckle Up! - Car Seat Safety** presented by Gerald Strader, Rockingham County Safe Kids. Just having an approved child safety seat doesn't guarantee your child's safety on the road. What seat is right for what age child? Is the seat in the car correctly? Is the child in the seat correctly? This workshop will provide an overview of safety seat laws and guidelines. Proper safety seat installation will be discussed and demonstrated.
- ☞ **"Who Are You and What Have You Done with My Little Boy?" Parenting Adolescent Boys** presented by Jean Workman and Jim Burchel, Reach Above and Beyond Consulting. This humorous and engaging workshop will provide information on why pre-teen and teen boys act the way they do. Parents will learn skills for positive communication and other tips for effective parenting of adolescent boys that are essential during the journey through adolescence with your son.

## **Session 3 Workshop Choices - 1:45 p.m. to 3:15 p.m.**

- ☞ **"Is My Child Ready for Kindergarten?"** presented by Jill Nolker, Kindergarten Teacher, Monroeton Elementary School. This interactive workshop will provide an overview of what kindergarten readiness really looks like. Parents will learn ideas and strategies for hands-on ways to help prepare their children to make the transition into kindergarten.
- ☞ **Siblings Without Rivalry** presented by Renee Cook, Parent Educator, Rockingham County Partnership for Children, Parents as Teachers program. "Ugh! The kids are at it again!" Do you yearn for more peace in your home? Participants in this workshop will learn sensitive yet sensible ways to improve cooperation and communication between siblings in order to build a more open and connected family.
- ☞ **"Who Are You and What Have You Done with My Little Girl?" Parenting Adolescent Girls** presented by Jean Workman and Jim Burchel, Reach Above and Beyond Consulting. This humorous and engaging workshop will provide information on why pre-teen and teen girls act the way they do. Parents will learn skills for positive communication and other tips for effective parenting of adolescent girls that are essential during the journey through adolescence with your daughter.