



STRENGTHENING
families
CONFERENCE

PARENTS | KINSHIP | FOSTER | ECE | PROVIDERS



**Family Education
& Support Services**

A VIRTUAL EVENT

STRENGTHENING FAMILIES CONFERENCE
FRIDAY FROM 8AM TO 4PM
AUGUST 28, 2020

WEBSITE
ACCESS CODE?

Welcome information.....



STRENGTHENING families CONFERENCE

Friday, August 28

7:30 AM

Virtual Coffee

8:00 AM

Opening Keynote: Healthy Attachments

Deborah Gray
MPA, LICSW

9:15 AM

Break

9:30 AM

Car Safety Awareness
Danielle King
Safe Kids Thurston County Coordinator,
Child Care Action Council

Childhood Literacy
Rebecca Jewell-Strange
AmeriCorps VISTA
South Sound Reading Foundation

**Stress and Parenting
Finding Calm in the Storm**
Deborah Gray
MPA, LICSW

**Anti-Bias Education:
Valuing each child**
Christine Moon
MS, Professor, Program Lead
Early Learning and Education Programs
South Puget Sound Community College

10:45 AM

Break

11:00 AM

**Infant & Early Childhood
Mental Health**
Bridget Lecheile
PhD, Training & Data Manager
WA. Assoc. for Infant Mental Health

**Three Guiding Truths
from Implementing
Compassionate, Trauma
Informed Care at Home**
Tif Junker
Story Teller & Resilience Builder
XP- Extraordinary Parenting

Parenting in a Pandemic
Emily McMason
ED. M., CPC,
Personal & Parent Coaching,
Evolving Parents

12:15 PM

Virtual Lunch Break Conversations:

**Infant and Toddler
Behavior in Changing Times**
Heidi DeVries
Child Care Action Council

Cultural Humility
Dr. Carlos Mejia Rodriguez
Community Engagement
Molina Health Care

1:00 PM

Navigating COVID-19
Jennifer Helseth
Health Specialist,
Dept. of Children, Youth and Families

Finding a Child's Spark
Scott Hanauer
MA CMHS MHP, Clinical Director
Family Education & Support Services

Mindfulness
Chris Wettstein
Adjunct Professor, Parent Educator
South Puget Sound Community College

2:00 PM

Break

2:15 PM

**How can we meet
children's developmental
needs while implementing
new health & safety
guidelines?**
Susan Burnham
Child Care Action Council

Updates from DCYF
Dept. of Children, Youth and Families

Parenting with Dignity
Mac Bledusoe
President, Founder, Author
Parenting with Dignity

**The Value of Fatherhood
in Childhood**
Keoki Kanauoe
Fatherhood Director,
Family Education & Support Services

3:30 PM

Break

3:45 PM

**Closing Keynote: Raise children who know how to
make ALL of the big decisions in their lives**

Mac Bledusoe
President, Founder, Author
Parenting with Dignity

Opening Keynote

8:00 AM



Healthy Attachments

Deborah Gray

This practical talk lays out 10 things that every parent can do in order to form secure attachments. In study after study, secure attachments between parents and children/teens predict which children and families are going to thrive. This keynote will provide a summary for family success. Especially if children or parents have had a rocky start, this talk will help to smooth their paths going forward.

Deborah trains on Child Welfare Issues and is a child and family therapist. Honored as the Henry Meier Practitioner in Residence at the U of WA, she has taught in Post-graduate programs through Portland State University and other private and public agencies on child trauma, attachment, grief, and parenting support. She authored the Attachment-Trauma Focused Therapy post-graduate program, which is a nationally disseminated model.

Deborah is also the author of four books. The latest is Promoting Healthy Attachments: Hands-On Techniques to Use with your Clients. Other books are: Attaching with Love, Hugs, and Play, Nurturing Adoptions: Creating Resilience after Trauma and Neglect, and Attaching in Adoption. She is the recipient of a Lifetime Achievement Award from the International Association for Training on Attachment and Trauma in Children.

Session #1 Workshops

9:30 AM

Car Safety Awareness

Danielle King

Even if you don't transport children, you can support families in safe travel if you fully understand WA State car seat law. Learn the stages of child restraints, how different car seats work, and how seats should be installed. Find out how to identify misuse and how to locate local resources.

Stress and Parenting: Finding calm in the storm

Deborah Gray

Non-stop stress is a reality for many parents—especially during this pandemic. This workshop will describe 10 strategies for reducing worry and for getting stress breaks. These suggestions for healthy coping are ones that help your children and teens, as your model for them how to bring down stress. The goal is to equip every parent with some solutions that they can apply by the time that the workshop is over.

Childhood Literacy

Rebecca Jewell-Strange

This talk goes over the questions South Sound Reading Foundation hears most often from parents. We will discuss The "Five W's" of childhood literacy development in a light, easy conversational manner. There will be plenty of time to ask questions, troubleshoot obstacles and practice our silly reading voices!

Anti-Bias Education: Valuing each child

Christine Moon

In this session we will use the 4 Anti-bias goals to explore how to create a home or classroom where every child feels valued and seen. We will look at how our language, interactions, curriculum, environments and relationships impact the children in our care and how to make changes so that all children feel valued and seen.

Session #2 Workshops

11:00 AM

Infant & Early Childhood Mental Health

Bridget Lecheile

This workshop provides an introduction to foundational themes in the field and practice of infant and early childhood mental health, including the critical influence of early experiences and relationships on the developing brain; on babies' and young children's understanding of themselves, others and the world; and on their ability to self-regulate and to cope with stress and challenge.

Parenting in a Pandemic

Emily McMason

How are we supposed to care for children during these novel times? How much should we be our child's teacher, coach, friend, boredom-buster? What does kid behavior look like right now? And why? We'll talk about all of these pieces as well as the small (yet powerful!) tools we can use to create calm for everyone staying home.

Three Guiding Truth's form Implementing Compassionate, Trauma Informed Care at Home

Tif Junker

Tif Sudela-Junker shares a transformative journey from parenting with sticker charts and time out chairs to discovering a whole new road map for parenting through fifteen years of emersion in Neuroscience, Wholehearted Living, Hope & Resilience.

Session #3 Workshops

1:00 PM

Workshop Title

Jennifer Helseth

The Presentation

Workshop Title

Scott Hanauer

The Presentation

Mindfulness

Chris Wettstein

In this session we will explore the ideas of mindfulness and habit formation as they relate to parenting. We'll define mindfulness and mindful parenting, discuss the benefits to both parent and child, provide ideas on how to get started, and talk about how to form a long-term habit.

Session #4 Workshops

2:15 PM

The Value of Fatherhood in Childhood Workshop Title

Keoki Kauanoe

The traditional view of parenting labels moms as the nurturer and dad as the provider, with dad stereotyped as being nothing more than the financial provider. But science and a modern understanding of human development has shown us: that men communicate with their babies in utero; the hormone levels of men change when they become fathers, bonds between dad and daughter can determine what kind of man the daughter will marry as well as when she starts puberty. And when fathers know their potential for being a positive influence in their child's life, the outcome for that child, for that father and for society as a whole is monumental!

Jennifer Williamson-Forester

The Presentation

Early Learning Programs: How can we meet children's developmental needs while implementing new health & safety guidelines?

Susan Burnham

How can early learning programs meet the social and emotional needs of children while reducing the risk of spreading the Coronavirus in a group care setting? Join us to discuss current health and safety recommendations for childcare settings and share strategies for strengthening relationships with children, creating secure attachments, and fostering trust and emotional security.

Closing Keynote

3:45 PM



Raise Children who know how to make all of the big decisions in their first lives

Mac Bledsoe

The ideas in your head rule your world; and thus, the ideas in the heads of your children rule their worlds! So, if you are going to be effective in raising your children, you must get in the Idea Business! You must present life to your children as a series of decisions; and you must teach them that all decisions, both large and small, have consequences! You must begin to teach children morals, values, ethics, rules, laws, spiritual beliefs, etc. which they can use effectively so that they can make great decisions in their lives! Just know this one absolute fact; "your children will make ALL of the big decisions in their lives! Because when they make them you will not be present!"

Mac Bledsoe Drawing on a lifetime of practical experience, Mac Bledsoe has been talking with parents for more than 40 years about how to help instill positive behavior and good decision-making skills in children.

No matter the audience, Mac brings highly motivational messages laced with humor, common sense, and immediately usable skills to audiences all across America!

You will laugh; you will cry, you will think... and you will change, as Mac will touch your head and your heart when he guides you through important messages about working with, teaching, and growing up with children.



Susan Burnham has worked as both a teacher and a manager in a range of education programs, including public schools, private preschools, museums, and community programs. She has created early learning environments that are child centered, play based, and developmentally appropriate. The curriculum she developed focuses on creating a classroom learning community, building language and social skills, and integrating the arts and STEM learning throughout.



Heidi DeVries is currently a Infant/Toddler Mental Health Consultant. Before that time she worked as a preschool teacher, Toddler teacher, Nanny, and House Mother at an orphanage in the Philippines. She is passionate about helping children to succeed and have healthy social emotional lives. She also finds it vital to help adults to understand the impacts trauma and stress have on young children, and how to support the adults in their lives help them to navigate those big behaviors.



Scott Hanauer is the Clinical Director for Family Education & Support Services in Olympia, WA. Scott's professional experience includes residential treatment counseling, parent development training as well as individual, group and family therapy.

Carol Good is



Jennifer Helseth is the Health Systems Analyst within the Family Supports Division at DCYF. She studied public policy and Spanish at Southern Methodist University in Dallas and has a masters of Public Health from George Washington University in Washington DC. She has spent the past 15 years working to increase health equity and improve outcomes for young children and their families. Before coming to the Department of Early Learning, she spent 10 years as the Health Specialist for Educational Service District 113 in their Head Start/ECEAP program and was a health educator for Thurston County Public Health and Social Services before that.



Tif Junker is mother to two children with vastly different trauma-based special needs. Her award winning documentary, "My Name Is Faith" captures the Junkers' early journey, coming to terms with the impact their daughter's difficult beginning would have on them all. With her own growth process as an example, Tif mentors and advocates for a "connection before correction" approach to parenting children with unique trauma-based special needs.



Keoki Kauanoe is Keoki Kauanoe is a native Hawaiian single-father, the Director of Father Engagement at Family Education and Support Services, where he is a Master Trainer for the nationally recognized Nurturing Fathers Program and holds certifications in multiple parenting curricula. He also serves on the Governor's Child Support Schedule Workgroup, sits on the Washington State Interagency Fatherhood Council and the Board of the Equity in Education Coalition



Danielle King is has been the Coordinator for Safe Kids Thurston County for nine years. She previously ran a non-profit preschool and have an incredible husband and three grown children. Danielle has been a Certified Child Passenger Safety Technician since April 2019 and wants to spread the word that although unintentional childhood injuries are the leading causes of injury and death for children ages one to nineteen, most are preventable. And most prevention is inexpensive.



Bridget Lecheile, PhD, has over fifteen years of experience in early development and prevention science, and is the Training and Data Manager at the Washington Association for Infant Mental Health (WA-AIMH). Prior to joining WA-AIMH, she developed social-emotional curricula for preschool classrooms and instructed college courses in child development, mental health, and early intervention. Bridget is a parent of seven and grandparent of three.



Emily McMason is a parent coach and sleep consultant, as well as a Parent Educator at South Puget Sound Community College. She has a Masters's degree in Education from Harvard, a graduate certificate in Parent Coaching from the PCI at Seattle Pacific University, and completed a postgraduate program dedicated to childhood sleep. Emily's private practice is in Olympia, but she works with parents all over the globe.



Rebecca Jewell-Strange is a current AmeriCorps VISTA member with the South Sound Reading Foundation. Her background is in Psychology, with a focus on Adolescent Social and Cognitive development. She completed her Urban Education Fellowship in Newark, NJ in 2019 and continues to devote her time to fighting for educational justice.



Christine Moon has been a Professor of Early Childhood, Parenting Education and Psychology for the past 21 years at SPSCC. She has a master's degree in Human Development and Family Studies with minors in counseling and ECE. She worked in many positions in the Early Learning field prior to coming to SPSCC, including childcare provider; site supervisor, teacher and mental health consultant with Head Start; Child and Family Therapist and consultant. Chris loves teaching and learning and is always seeking new and better ways to serve kids and families. She lives in Olympia with her 3 girls and husband.



Chris Wetstone is part-time faculty member of SPSCC, and works with two cooperative preschools in Olympia providing parent education and support. Chris earned her MaEd from Hamline University in St. Paul, MN and has been in the field of education for over 20 years.

Dr Carlos Mejia Rodriguez is