



The
2012
First Lady's
PARENTING CONFERENCE & EXPO



Conference Packet



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Uplift
Utah
Families



presents

The
2012

First Lady's
PARENTING CONFERENCE & EXPO

May 4th and 5th, 2012 | Salt Palace



**Family
Mechanics
101**



Jeanette Herbert, First Lady of Utah

Keynote Speakers:

- Governor Gary R. Herbert
- First Lady Jeanette Herbert
- Richard & Linda Eyre
- Matt Townsend

Special Appearances by:

- Amanda Dickson, KSL Newsradio
- Nadine Wimmer, KSL TV
- Rebecca Cressman, FM100.3
- David Osmond
- Jessie Clark Funk
- One Voice Children's Choir
- Joshua Creek
- Utah Hispanic Dance Alliance
- Crescent Super Band

**More than 100 workshops
by such presenters as:**

- Judge Andrew Valdez
- Dr. Paula Fellingham
- Jose Enriquez
- Lauralee Christensen
- Dr. Lynn Scoresey

Plus:

- Musical Celebration and Awards
- Larry H. Miller's Dream Car Exhibit
- Family Mechanics Expo
- Multicultural Entertainment
- International Food Court

For additional information please see us online at www.upliftutahfamilies.org

A special thanks to our sponsors:

KSL SALT LAKE BROADCAST GROUP



KSLTV
KSL NEWSRADIO
KSL.com



Additional thanks to the following:

JJ Wang, Dept. of Public Safety, Utah Multicultural Affairs, Univision, KUED, KBYU, Visit Salt Lake, Salt Lake Chamber, Utah Family Partnership Network, Utah PTA, Prevention Dimensions, Parents Empowered



The
2012 First Lady's
PARENTING CONFERENCE & EXPO



FRIDAY, MAY 4th

10:00 am – 11:15 am

Morning Keynote

Introduction: **Amanda Dickson, KSL Newsradio**
Speaker: **Matt Townsend**

11:30 am – 12:45 pm

Workshop 1*

12:45 pm – 1:45 pm

Lunch Available at Expo; International Food Court

1:45 pm – 3:00 pm

Workshop 2*

3:15 pm – 4:30 pm

Workshop 3*

4:45 pm – 6:00 pm

Workshop 4*

6:00 pm – 7:00 pm

Dinner Available at Expo; International Food Court

7:00 pm – 8:30 pm

Emcee: **Nadine Wimmer, KSL 5 TV**

Speakers: **Governor Gary R. Herbert, First Lady Jeanette Herbert,
Richard and Linda Eyre**

Musical Guests: **One Voice Children's Choir and Crescent Super Band**

10:00 am – 7:00 pm

Family Mechanics 101 Expo and Larry H. Miller Dream Car Exhibit

SATURDAY, MAY 5th

10:00 am – 11:15 am

Morning Keynote

Introduction: **First Lady Jeanette Herbert**
Speakers: **Richard and Linda Eyre**

11:30 am – 12:45 pm

Workshop 5*

12:45 pm – 1:45 pm

Lunch Available at Expo; International Food Court

1:45 pm – 3:00 pm

Workshop 6*

3:15 pm – 4:30 pm

Workshop 7*

5:00 pm – 6:30 pm

Musical Celebration and Awards

Emcees: **FM 100.3 Mid-day Music Host, Rebecca Cressman and
"Uplift Utah Families" Executive Director, Steve James**

Speaker: **First Lady Jeanette Herbert**

Musical guests: **David Osmond, Jessie Clark Funk, Joshua Creek,
Utah Hispanic Dance Alliance, Asante African Performing
Arts, Center Stage Dancers**

10:00 am – 5:00 pm

Family Mechanics 101 Expo and Larry H. Miller Dream Car Exhibit

*For additional details please refer to the workshop schedule on the following pages.



WORKSHOP SCHEDULE

FRIDAY, MAY 4th, 11:30am

A Lynn Scoresby: *The 6 Best Things You Can Do For Your Kids*

1. Focus on your children with a developmental perspective.
2. Understand and adapt your family environment to provide a climate where children can learn and grow the very best.
3. Apply clear and consistent parental leadership which includes the six best things you can do for your children; which are:
 - Prepare more than you punish
 - Communicate more than you control
 - Encourage more than you criticize
 - Involve and individualize
 - Love more than you isolate
 - Love enough to limit.

Brad Barton: *The Magic of Building Assets in Youth*

Discover how the Search Institute's Asset Building Prevention model equips youth to make constructive life choices. Brad knows first-hand. He illustrates this powerful approach as he shares his own journey from high-risk youth to NCAA post-graduate scholarship recipient. You'll learn the power of fostering caring relationships and leave this magical presentation with practical tools for building assets in youth.

Marlene Peterson: *Restoring the Art of Storytelling in the Home*

Stories carry ideas into the heart, which is what makes them so powerful. The early 1900s saw a revival in the art of storytelling among mothers. The "Greatest Generation" followed. They left behind their lessons on how to tell stories as a treasury of stories to tell when the lights are low and your child is in a quiet, receptive mood. The stories told him will never be forgotten and their influence will follow him the rest of his life. Sharing stories from the heart weaves hearts together and creates bonds that are nearly impossible to break. Come explore this lost art—the greatest generation is yet to come!

Maggie Stevens: *From Chaos to Calm: Parenting Techniques to Change Your Home Atmosphere*

Is your home a constant battlefield? Is parenting a daily struggle? In the current environment of troubled youth, broken families, and mixed media messages, families are fighting a tough battle to be truly happy. Having positive family relationships is one of the most important things you can do. Maggie Stevens' message is simple, but also unique and different. Change the aura in your home and your parenting results will improve. Our homes need to become safe havens for our children, and it begins with the parents. Maggie teaches clear and concise principles that are proven to provide immediate results.

Shelly Locke: *Peaceful Parenting Practices*

This workshop teaches vital skills parents need to develop loving, trusting, peaceful relationships with their children. Six simple steps form the basis for this life-lifting, relationship strengthening, magic formula for parents of young children. Come and learn how to develop more peace in your parenting, more success in your relationships, and more fulfillment in your family!

Virginia Sanchez: *Ser Padres con Amor & Logica (Parenting with Love & Logic)*

Crianza con amor y lógica trata de criar a los hijos responsables mediante una filosofía de ganar y ganar. Los padres mostrar el amor de una manera sana y establecer un control efectivo. Los niños ganan por responsabilidad a través de resolver sus propios problemas y obtener herramientas para afrontar el mundo real de aprendizaje.
English Translation: Parenting with Love and Logic is raising responsible children through a philosophy of win and win. Parents show love in a healthy way and establish effective control. Children learn by responsibility to solve their own problems and obtain the tools to deal with the real world of learning.

Doug Thomas: *Mental Health Promotion in Children and Families*

This is for families of all sizes and configurations from any and all backgrounds. Learn what you can do to prevent problems before they start. Learn about prevention science and how reducing family risk factors and increasing family protective factors can give you and your child the tools needed to navigate successfully into adulthood.

Elise Peterson: *Tune Up Your Parenting Took Kit With Resources from PBS Parents, PBS Kids, & PBS Kids Go!*

Dinosaur Train, Sesame Street, Bob the Builder and Word Girl are more than just good TV shows. They have resources online and in the store for every parent, teacher and kid. Join KUED as we take you on a journey of resources you have to see to believe.

Dr. Barbara Sullivan: *Adolescent Brain Development*

This workshop will explore the process of adolescent brain development, why adolescents think differently than adults, and what adults and communities can do to promote healthy brain development.

Dr. Jackie Thompson, REACH: *Respecting Ethnic and Cultural Heritage—Families Celebrating Diversity*

This workshop will provide an overview of REACH Training's 5 Basic Principles: Multiple Perspectives, Culture is Something Everybody Has, Building Cultural Bridges, Head-Heart-Hands-Healing, and Co-Responsibility. This training will help us to celebrate our culture and value cultures different from our own. Through out the training we will recognize that we are more alike than unlike. It is our diversity that enriches us and our similarities that bring us together. This training supports the development of an inclusive multicultural and global home, classroom and school environment that addresses the understanding and appreciation of Utah's fast growing diverse populations.

Robert Guiller: *The Power of Our "Words": THEY CAN BE WORSE THAN SAND IN YOUR ENGINE.*

Remember this nursery rhyme, "Sticks and stones will break your bones but words will never hurt you!" Oh, this statement is so wrong. The power of life and death is in the tongue, and that applies to all of us regardless of age. Communication is the essence of life, and we need to practice it consistently to ensure that we use our words wisely and effectively for the benefit of others. Question for you, what's the difference between these two statements: "Have you done your home work yet?" or "What is the most enjoyable part of your homework that you would like to tell me about?"

Answer? Come to the class and find out.

Randall K. Spencer: *Building Firm Family Foundations on Happiness*

The quest for happiness is innately within each of us. Parents share the responsibility for building their individual happiness foundation, and then teaching their children. This workshop will address strategies for meeting the needs of each family member, particularly when the time demands of one member are disproportionate to that of another. This workshop will also discuss coping with unplanned trials which potentially can crumble happy foundations. Mr. Spencer's insights come from his experiences in trying to be a good husband and father to three children with diverse personalities, challenges and backgrounds.

Jacci Graham, LCSW: *Raising a Relative's Child*

There are 83,000 children in Utah who are being raised by relatives. That is almost 10% of all children in our state. Typically, the relative is the grandparent of the child. This presentation will take attendees down the "yellow brick road" through the child welfare system to finally seek permanency for the child with the powerful Wizard of Oz, better known as the judge. Come find out who the family meets with a brain, a heart and the courage to face the challenge of kinship care giving.

Niki Wolfe, SSW: *Protect Your Family On the Internet*

For everyone who uses the internet, come find out about internet safety, and learn how to protect and educate your kids!

Stephen Wright: *The Driving Force to Prevent Underage Drinking:*

ParentsEmpowered.org

ParentsEmpowered is a statewide campaign with the goal of empowering parents to eliminate underage drinking. The initiative seeks to educate parents on the long-term physical harms that can result from underage drinking, and provide all parents with the tools to keep their kids alcohol-free, potentially changing the social norm that "It's just a "harmless rite of passage." Parents are not only the driving force to combat underage drinking, but they now have the support and tools to prevent it.

Frank Bedolla: *Fatherhood Mechanics 101*

The reality is, "parenting" is still taken as a code word for "mother." Nurturing isn't just something fathers do, but something that men need to learn to do. This workshop will embark on an adventure—one that will take you into the hearts, minds, and lives of men who want to care for their children and spouse in a nurturing way. Besides the traditional role of fathers being both provider and protector, attendees will learn what a nurturing father can provide in a positive way.

Abbie Vianes: *The Mechanics of a Blended Family*

Blended families' mechanics are very different from the biological family. Often expectations are not realistic. Discover the challenges children face and how to remedy them. Learn how to deal with former spouses. Gain an understanding of how parenting roles are different. Blended families can be highly successful when you know how to use the correct tools that can speed the repair.

FRIDAY, MAY 4th, 1:45pm

Judge Andrew Valdez: *Who's Driving? Parent or Child? How to Keep Your Child Out of My Courtroom*

Many lives have been lost to drug and alcohol addiction and gang violence. In this workshop, Judge Valdez will empower you as you learn the strategies needed to prevent out of control behavior in youth, which can lead to tragic and destructive results.

Matt Townsend: *Fueling Your Most Important Relationships*

Is your relationship STARVED or does it just have the munchies? STARVED is an acronym for 7 Basic Needs that are critical to all healthy relationships. We will explore them: Safety, Trust, Appreciation, Respect, Validation, Encouragement, and Dedication. Do your relationships need a boost in any of these areas? If so, join us to learn more about how to create healthy and lasting relationships! Be prepared to laugh AND cry!

Shelly Locke: *Peaceful Parenting Practices*

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Elayne & Rod Pearson: *Affordable Holistic Tools for Autism Spectrum Challenges*

Did you know Utah has the 2nd highest rate of Autism in the nation? Loved ones with special needs are truly special, yet their challenges can be exhausting and expensive, causing too many Utah families to break apart. As parents of Heidi, a beautiful daughter with Down Syndrome and late-onset Autism, Elayne and Rod Pearson share the good news they discovered on a path less traveled. Autism is treatable! Difficult symptoms can be significantly lessened by using gifts from Mother's Nature's medicine chest. Listen to the Pearson's wonderful A-Z list of cheap/easy tips, non-invasive tools, safe products, and common sense strategies they've used.

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Janet Canyon & Gaye Pinnecoose: *Positive Indian Parenting*

Positive Indian Parenting is a practical, culturally-specific training program for American Indian parents (as well as non-American Indian foster parents of AI children). This workshop will explore the values and attitudes in traditional child-rearing practices and how to apply those values to modern parenting. The workshop will present a session topic from the PIP curriculum as a means to familiarize participants with the parenting content.

Virginia Sanchez: *Ser Padres con Amor & Logica (Parenting with Love & Logic)*

Crianza con amor y lógica trata de criar a los hijos responsables mediante una filosofía de ganar y ganar. Los padres mostrar el amor de una manera sana y establecer un control efectivo. Los niños ganan por responsabilidad a través de resolver sus propios problemas y obtener herramientas para afrontar el mundo real de aprendizaje.

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Verne C. Larsen: *Prevention Dimensions—Helping Kids Navigate the Chuck Holes of Life.*

Participants will become aware of Utah's Prevention Dimensions resources which both teachers and parents can utilize.

Through a fun, lively presentation, attendees will understand the components of prevention in reducing risk factors and promoting protective factors that help kids through the rough waters of life. These rough waters include: substance abuse, bullying, peer pressure, etc. Come enjoy the journey!

Heather Anderson: *Say NO "Every Time : It's A Big Deal Every Time!"*

Heather Anderson is spreading her substance abuse prevention message across the nation as a former Miss Utah, USA.

This presentation is aimed at teaching parents the importance of talking to their children about the dangers of drug use and underage drinking.

Dr. Rick Cline: *NetSafe Utah: Internet Safety for Parents & Kids with Technology*

Learn about the NetSafe Utah online resources available to Utah's parents including downloadable videos, documents, and more. This session will address the benefits and dangers of the Internet and how it impacts the lives of teens, parents, and educators at school, home, and the community. Other topics covered will be cyber-bullying, personal information, online "friends," posting pictures online, and what to do if something does happen.

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Meg Buonforte: *Emotion Coaching: Fine Tuning the Revved Up Emotions of Young Children*

Emotion coaching teaches parents how to help young children work through overwhelming emotions without dismissing or shaming. This workshop helps you examine your feelings and gives you the opportunity to explore your style of dealing with emotions. We will learn—through activities—how to pay attention to feelings in positive ways, and teach children how to find their own solutions to managing strong feelings. These powerful skills transfer to adult relationships too.

Cathy Endicott: *New Mom to School Mom*

Wonder how you can help your baby, toddler or preschooler prepare now to be successful in school? Have you asked yourself, "When do I start teaching my children to read? Should I use flashcards and worksheets to teach my little one?" It's never too early to start thinking about your child's school success. Come learn about kindergarten readiness and get the scoop on understanding developmental milestones and windows of opportune learning. Cathy will teach through hands-on activities and "make and take" fun!

Darin Adams: *Finding your Passion*

Lights, Camera, Passions! Sparking Excitement in Your Family. In the TV world, passion makes for powerful success. It makes a segment pop. It makes a guest phenomenal. That same principle applies in families. If you can discover and encourage passions of members of your families, you will discover the same powerful success. Hear real life examples of how following passions leads to happiness and see what you can do to change the dynamics in your family. You can test yourself to see how well you know the passions of your family members and take part in an exercise to narrow down yours or theirs. When it comes down to igniting a fun spark in your family, it all comes down to passion.

FRIDAY, MAY 4th, 3:15pm

Alicia Richmond: *Build a Wardrobe on a Budget*

Tired of looking at the same old things in your closet? Want to update your look and add style and flair without breaking the bank? In this fun, hands-on class, you will learn how to see what's really hanging in your closet, combine existing articles of clothing for a new look, wear accessories in imaginative ways, and dress to emphasize the positives in your body.

Dr. Paula Fellingham: *How to Create Strong Bonds with Children of All Ages (Especially Teenagers and Adult Children)*

Parents and children want the same thing: healthy, loving relationships. Dr. Paula Fellingham, author of four parenting books with a Doctorate in Human Relations, will teach you how to create strong bonds with youngsters, teenagers, and adult children. You will learn how to parent in ways that invite obedience, mutual respect, mutual admiration, increased love, and more. Dr. Fellingham will also share the 5 Stages of Parenthood to help you understand the transitions parents need to make as their children grow and mature. Paula has helped thousands of parents for over 30 years discover practical solutions for their families....solutions that really work.

Elayne & Rod Pearson: *Affordable Holistic Tools for Autism Spectrum Challenges*

Did you know Utah has the 2nd highest rate of Autism in the nation? Loved ones with special needs are truly special, yet their challenges can be exhausting and expensive, causing too many Utah families to break apart. As parents of Heidi, a beautiful daughter with Down Syndrome and late-onset Autism, Elayne and Rod Pearson share the good news they discovered on a path less traveled. Autism is treatable! Difficult symptoms can be significantly lessened by using gifts from Mother's Nature's medicine chest. Listen to the Pearson's wonderful A-Z list of cheap/easy tips, non-invasive tools, safe products, and common sense strategies they've used.

Jaynie Brown: *Proven Skills to Keep Your Happy Family Engine Humming & Your Kids Drug Free*

Research shows that happy, successful families don't just happen. They result from the use of specific skills and methods that can be taught to parents and youth. When families learn them, relationships improve, children behave better, stress goes down, and youth are kept safe from alcohol or drugs that can damage their developing brain. The easiest way to learn these research-proven skills is through the Strengthening Families Program Home-Use DVD that parents and kids watch together at home. Available at minimal cost, the 10 entertaining DVD lessons are based on the famous Strengthening Families Program classes that are taught in 50 states and 17 foreign countries; a program which Oxford University declared was the world's best alcohol prevention program. This class will discuss 5 of the most important, easy-to-learn parenting skills for building happy family relationships and how to incorporate them at home.

Matt Townsend: *Fueling Your Most Important Relationships*

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Maggie Stevens: *From Chaos to Calm: Parenting Techniques to Change Your Home Atmosphere*

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Valerie Ackley: *The Power of Thoughts: Creating a Happier Family*

This workshop will introduce parents to the mechanics of thought and subconscious behavior. Thoughts impact every aspect of our lives. Most people are surprised to learn that they think between 40,000 to 50,000 thoughts each day. Research has shown that most of these thoughts are negative and can hinder happiness and achievement. Parents will be given tools to learn how to consciously reprogram subconscious behavior. Parents will learn visualization techniques that will benefit their children on such issues as bullying, bed wetting, achieving goals, identifying solutions to problems, etc. Learn how to make positive changes so you can provide hope for struggling children and teens.

Nancy Livingston: *Jump Starting your Child's Reading: How Families Help Grow a Reader*

Learn how to help your children succeed during their elementary school years with brief but effective family literacy activities. Spark your child's imagination and discover how to instill the love of reading in your child.

Erika Thompson: *Curbing the Media Madness—the Appropriate Use of Media in Today’s Electronic World*

iPods, iPads, TV, Internet, smart phones, Nintendo, XBOX ... the list goes on. How do you balance the use of media in your home? Join KUED as we help you find fun and educational ways to use media in your home and on the road.

Melanie Douglas: *Exercise 101: Get More Exercise in Less Time!*

Come and learn how to make exercise fun, enticing, and best of all... more efficient in less time! There are few basic rules that make every workout more effective – helping you get the results you want, in less time! No exercise required during the session, but you’ll walk away with at least 10 empowering ideas that make exercise fun and efficient for a positive, healthier life!

Wendy Fayles: *Promoting Mentally Healthy Children and Families*

“One in four adults experiences a mental health disorder in a given year. By age 14, the majority of lifetime mental illnesses are already in place.” Do these statistics concern you? Do they affect you? Do you know what to do if you or a loved one is dealing with a mental illness such as depression or anxiety? In this workshop you will learn the symptoms and signs of depression and anxiety, how these differ between adults and children, and what to do if you or someone you know is experiencing one of these illnesses. Plus, receive free resources you can access to help you and your family be emotionally and mentally healthy.

Mike Cottam: *The Amazing Teenage Brain: Discovering How the Engine Really Works*

Teenagers! Sometimes we freak out while they leak out. The developing teen brain is both wonderful and mysterious. You’ll learn some basic mechanics about “them” and maybe a little about yourself.

Pam Fullmer: *Turbo-Charge Your Family’s Knowledge of the Constitution*

“Let the Constitution be taught in schools, in seminaries, and in colleges; let it be written in primers, spelling-books, and in almanacs; let it be preached from the pulpit, proclaimed in legislative halls, and enforced in courts of justice. And, in short, let it become the political religion of the nation.” Abraham Lincoln

Every citizen ought to diligently read and study the constitution of our country. By knowing our rights, we will sooner perceive when they are violated and be better prepared to assert and defend them. Let’s arm our children to be prepared to defend their freedoms.

Dr. Rick Cline: *NetSafe Utah: Internet Safety for Parents & Kids with Technology*

Learn about the NetSafe Utah online resources available to Utah’s parents including downloadable videos, documents, and more. This session will address the benefits and dangers of the Internet and how it impacts the lives of teens, parents, and educators at school, home, and the community. Other topics covered will be cyber-bullying, personal information, online “friends,” posting pictures online, and what to do if something does happen.

Abbie Vianes: *Love & Logic (English)*

Love and Logic teaches parents how to set limits without waging war. In place of anger, you’ll learn how to use enforceable statements and empathy, and provide choices and consequences. Parents report more peace in themselves and in the home, plus less stress! Leave with easily applied techniques and skills.

Cristie Richards: *Spending Never Felt So Good*

We tell our kids to be patient, do chores, and save their money for the video game or toy they “gotta have,” but do we practice what we preach? The answer is — go ahead and spend — as long as it’s part of your spending plan. In this practical session, find out how to make your purchases less painful in eight easy steps. Learn how to align your budget with recommended spending allocations. Discover great tips for creating a cash flow system that works within your budget. At the same time, you can set up a system for paying down your debt.

The presentation also stresses the importance of using teamwork from everyone in the family to accomplish financial goals. Empowered with a plan for where your money goes, you’ll have more control over your financial future.

Douglas Goldsmith: *Building Self-Regulation Skills: Managing Your Child’s Tantrums*

Temper tantrums are a normal part of parenting young children. They also create a great deal of stress for the parent-child relationship. What works best? Yelling back? Time out? Taking things away? In this workshop we will explore new research about the emotional components of children’s temper outbursts and help parents learn how to effectively manage each stage of the temper tantrum.

FRIDAY, MAY 4th, 4:45pm

Utah Doctors: *Panel of Utah Doctors Addressing Current Issues*

Alicia Richmond: *Build a Wardrobe on a Budget*

Tired of looking at the same old things in your closet? Want to update your look and add style and flair without breaking the bank? In this fun, hands-on class, you will learn how to see what's really hanging in your closet, combine existing articles of clothing for a new look, wear accessories in imaginative ways, and dress to emphasize the positives in your body.

Lauralee Christensen: *Grandparents: The Ultimate Pit Crew; 5 Absolutes for Peak Performance*

Grandparents have a uniquely powerful opportunity to influence, guide, teach, protect and inspire their grandchildren. Like a good pit crew, we fulfill a vital role, helping them stay on the course and run their very best race. In this session we will cover many creative and memorable ideas that grandparents can use to make a lasting difference in 5 important "checkpoint" areas. Being GRAND can be so much fun!

Patty Liston: *The Power of One: Teaching Children How To Serve*

Whether your child is 2 or 22, this class will give you the tools you need to teach your child the "power of one," and how that "one" can make a difference. This class is ideal for parents and grandparents who would like ideas on how to foster a child's innate desire to serve others.

Leslie Householder: *Staying Cool: Radiator Service for Stress-Free Parenting*

Parents, it's no secret that your mood radiates and sets a tone in the home. So when the stress of parenting makes your blood boil, it's time to check your radiator and add some coolant. A change of perspective may be all you need to avoid a cracked head and keep your family rolling down the road to your desired destination.

Teresa Hunsaker: *When Kids and Money Meet: A Parents Tune-Up Kit*

This workshop is designed to encourage parent-child relationships that foster improved and enhanced money skills. Tools and resources will be provided that help parents improve their parenting skills when it comes to teaching children about money matters. This process helps parents set up "money talk" and "money practice" opportunities that allow the children to make more wise and safe financial choices as they mature. Games, activities, and resources will be shared.

Erika Thompson: *Curbing the Media Madness—the Appropriate Use of Media in Today's Electronic World*

iPods, iPads, TV, Internet, smart phones, Nintendo, XBOX ... the list goes on. How do you balance the use of media in your home? Join KUED as we help you find fun and educational ways to use media in your home and on the road.

Barbara Smith: *Lubricate the Grinding Gears of Getting Homework Done*

Getting your children to do their homework can be frustrating and stressful. Learn how to help your children take responsibility for their work, and how to make homework a time to strengthen your family, not tear it apart.

Alexis de la Cruz: *Divorce Care for Kids—Repairs Needed*

Divorce is considered to be the most painful and stressful experience a person goes through. In the past twenty years, Utah has been among the top ten states in the nation for high divorce rates. Children suffer through the process of divorce/ remarriage of their parents. DivorceCare for Kids is designed to help children heal from the pain caused by a separation or divorce, and provides a safe and neutral place for kids to recognize and learn to share their feelings. See divorce through the eyes of a child. After the presentation, attendees can journey through a typical class. For 13 weeks, children become involved in a fun, caring group. The session topics help children learn that God's love can strengthen them and help them turn their sadness to hope, and their anger to joy.

Verne C. Larsen: *Prevention Dimensions—Helping Kids Navigate the chuck holes of life.*

Participants will become aware of Utah's Prevention Dimensions resources which both teachers and parents can utilize. Through a fun, lively presentation attendees will understand the components of prevention in reducing risk factors and promoting protective factors that help kids through the rough waters of life. These rough waters include: substance abuse, bullying, peer pressure, etc. Come enjoy the journey!

Mike Cottam: *The Amazing Teenage Brain: Discovering How the Engine Really Works*

Teenagers! Sometimes we freak out while they leak out. The developing teen brain is both wonderful and mysterious. You'll learn some basic mechanics about "them" and maybe a little about yourself.

Kaisa Kinikini: *Gangs: How Kids Get In, How to Get Them Out & Help Them Stay Out, and Parental Skills to Prevent Kids from Joining Gangs in the First Place*

SALT (Stand a Little Taller) is a gang and drug prevention and intervention program. This workshop teaches parents the skills they need to keep their kids out of gangs. You'll also learn how SALT works to help kids get out of gangs and stay out. It is a one-on-one mentoring program for youth ages 12 and older.

Angie Watson & Heather Anderson: *What I Wish I Had Known: Panel of Those Who Have Lost Loved Ones*

Panel discussion with family members who have lost children/loved ones to drugs/alcohol.

Abbie Vianes: *The Mechanics of a Blended Family*

Blended families' mechanics are very different from the biological family. Often expectations are not realistic. Discover the challenges children face and how to remedy them. Learn how to deal with former spouses. Gain an understanding of how parenting roles are different. Blended families can be highly successful when you know how to use the correct tools that can speed the repair.

Craig L. PoVey, MSW: *Keeping Your Kid's Check Engine Light Off*

This workshop will inspect positive family lifestyles that lead to children making healthy choices for entertainment, nutrition, and peer and social relationships. There are common elements and common themes parents need to address when teaching their kids how to make good decisions. Learn what these elements are and the best way to deploy them.

Meghan Baruth & Rachel Richins: *Walk With Them, Talk With Them, Eat With Them: To Your Child You Are The Greatest Show on Earth!*

Parents know what their children need and want them to be happy. Healthy behaviors start in the home and parents are very influential in the health choices their children make. A healthy diet and regular physical activity are very important for the well-being, growth and development of children, and reduces the risk of developing chronic diseases later in life. This workshop will provide parents with tools and practical information on how they can create a home environment that encourages their children to eat healthy and be physically active. Let's make healthy eating and physical activity a family affair!

SATURDAY MAY 5th, 11:30am

Janene Baadsgaard: *15 Secrets to a Happy Home: "What to Do When You Run Out of Gas"*

Family life is like riding on a roller coaster; we're laughing one minute then scared to death the next. How do we cope when we feel overwhelmed, frustrated, worn-out or exhausted? How do we find inner joy in our lives today while life's choppy waters have yet to subside? Janene Baadsgaard shares a few secrets she's discovered while raising ten children. She is well-known for her humorous and heart-felt family life newspaper columns, magazine articles and books.

Tres Hatch: *Eat & Be Thin: 3 Tools for Lifelong Health*

Chef and author Tres Hatch presents: Eat & Be Thin—secrets to help you live free of weight issues without restriction or diets. In this fun, interactive discussion Tres reveals her story of losing 110 pounds and busts myths about health and weight management to help you claim a faster metabolism and more PLEASURE from food. Drawing from her book: [Miracle Pill 10 Truths to Healthy, Thin, & Sexy](#), Tres teaches that lifelong health is LESS about eating and exercise and MORE about how you think. Go home with 3 immediate connections to your body and never battle weight again. Includes chocolate tasting and surprises.

Alice Osborne: *It's Here Somewhere : The Streamlined Advantage Clutter Class*

The goal:

- Fill home and life with quality rather than quantity.

The process:

- Use "8 Streamlining Steps" to decide what to get rid of, what to keep, and where to put the remaining "keepers."

The result:

- Home looks nice and STAYS looking nice.
- Family cooperates and helps keep the home looking its best.
- New energy and enthusiasm for mastering all other aspects of your life.

Jean Tokuda Irwin: *The Arts & the WHOLE Child: A Child Without Art is Like a Car Without a Spark Plug!*

This session will explore the importance of the arts for the education of the whole child. Art is not about talent. It is academic and fun. Most importantly, it offers any child the capacity to create, solve problems, work corroboratively, innovate, and discover how they learn best and how they best demonstrate what they've learned. Dance, music, theatre and art span all cultures and languages. This session will be active, hands-on and offer parents a variety of ways to explore the arts together. We will explore how to bring a story to life, turn inexpensive stuff into an art piece, and find art to create. The car you drive was designed by an artist. Come and design some art experiences for your child.

Dr. Barbara Sullivan: *Adolescent Brain Development*

This workshop will explore the process of adolescent brain development; why adolescents think differently than adults, and what adults and communities can do to promote healthy brain development.

Charles J. Machinski: *The Art of Abundant Living*

Are money concerns causing a strain on your family relationships? You are not destined to live a life of hardship and financial struggle! It is time to take control over your financial future and truly master the "Art of Abundant Living." During this life changing workshop, Charlie will share the core principles required for success and happiness including:

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Join us for this workshop and let me provide you with the same tools and information people have paid thousands of dollars to receive.

Darlene Christensen & Carolyn Washburn: *Let's Get Revved Up: Fun & Easy Physical Activity for Parents & Kids*

It's no secret that a large majority of American kids live sedentary lives in front of TVs, computers and game stations. But as a parent, no matter your size, shape or level of physical fitness, there are fun and easy ways to help your kids be active every day. And because you are playing with them, you get the benefit of physical activity too. Get revved up in this interactive workshop, and take home some tips and tricks to raising an active and healthier child.

Lisa Cohne: *One Site? Wow! Utah Education Network's Preschool Pioneer Library!*

Where can you find: activity calendars, local events, parent resources, professional development resources, letter interactives, number interactives, science, technology, engineering and math, Spanish resources, downloadable media for preschoolers, AND Utah State Library's new literacy site with even more great resources at the click of a button? On Utah Education Network's Preschool Pioneer Library - come find out all about this great site where kids go to click, learn and grow! Audience: parents, grandparents, caretakers or anyone who knows a 3-7 year old child.

Cathy Endicott: *New Mom to School Mom*

Wonder how you can help your baby, toddler or preschooler prepare now to be successful in school? Have you asked yourself, “When do I start teaching my children to read? Should I use flashcards and worksheets to teach my little one?” It’s never too early to start thinking about your child’s school success. Come learn about kindergarten readiness and get the scoop on understanding developmental milestones and windows of opportune learning. Cathy will teach through hands-on activities and “make and take” fun!

Frank Bedolla: *Fatherhood Mechanics 101*

The reality is, “parenting” is still taken as a code word for “mother.” Nurturing isn’t just something fathers do, but something that men need to learn to do. This workshop will embark on an adventure—one that will take you into the hearts, minds, and lives of men who want to care for their children and spouse in a nurturing way. Besides the traditional role of fathers being both provider and protector, attendees will learn what a nurturing father can provide in a positive way.

Ceceilia Tso: *American Indian/First Nations Strengthening Families Program*

The Strengthening Families Program (SFP) is an evidence-based skills training program designed to increase resilience and reduce risk factors for behavioral, emotional, academic and social problems in children. SFP’s three life-skills courses—Parenting Skills, Children’s Life Skills, and Family Life Skills—build protective factors by improving family relationships, parenting skills, and improving youths social and life skills. SFP has been successfully adapted for American Indian/First Nations families. Three age versions exist now for children 3-5, 6-11, and 12-6 years. Originally developed for children of drug abusers, SFP is widely used in schools and community agencies with the general population as well as with tribal courts with mandated families.

Josefina Miranda: *Helping Hispanic Parents Be Involved*

You are the most important person in your child’s life and you are the most important person in your child’s education. Learn how schools work, who to talk to, and how to support your child’s learning.

Meg Buonforte: *Emotion Coaching: Fine Tuning the Revved Up Emotions of Young Children*

Emotion coaching teaches parents how to help young children work through overwhelming emotions without dismissing or shaming. This workshop helps you examine your feelings and gives you the opportunity to explore your style of dealing with emotions. We will learn—through activities—how to pay attention to feelings in positive ways, and teach children how to find their own solutions to managing strong feelings. These powerful skills transfer to adult relationships too.

Kelli Kirk: *Shifting Your Parenting Out of “Automatic” O.I.L.*

Have you fallen into shame-based parenting? It’s easy to do. Maybe it’s time for an “OIL change.” Create a home where children and spouses feel more secure. Help build self-esteem and create a positive environment for your family. It’s easy to change your parenting OIL by practicing AWE-based parenting. What is it? Outstanding, Incredible Loving (OIL) with Affirmation, Warmth and Encouragement (AWE)!

Many parenting experts talk about a child’s emotional bank account. While shame-based parenting withdraws from your child’s emotional bank account, AWE-based parenting concentrates on placing deposits into the emotional bank account. You’ll leave this workshop with hands-on ways to make regular OIL changes to consistently incorporate this positive parenting style in your home.

Nikki Lovell & Bev Campbell: *Personalities in Families: Why Conflict Occurs*

Through this workshop you will have a better understanding of your personality type and how you interact with members of your family. You will be able to communicate, discipline, and celebrate the differences in your family. This will change how you view conflict. Parents will benefit from understanding personality types.

Greg Hudnall: *Understanding Depression and its Influence on Adolescent Suicide in Utah*

A teen suicide is a tragic thing. Not for only their loved ones, but for their friends and peers. Learn the signs of depression in youth and how as a parent you can help your child. You will also learn about resources and helps in the community.

Utah is currently ranked 9th in the United States for suicide among people aged 15-24. Understanding suicide for youth dealing with depression is especially important for parents and educators. This workshop will review depression symptoms, national and Utah suicide statistics, and strategies for suicide prevention and intervention.

SATURDAY MAY 5th, 1:45pm

Debbye Cannon: *SMARTcut® Solutions to Organize and Simplify Life*

Busy women never have enough time (or energy) to fit it all in, much less have quality family life or time out for themselves. Are you ready to stop STRUGGLING with the JUGGLING? SMARTcut Solutions delivers 30+ years of wisdom, techniques, and technologies to organize and simplify your busy life with a manageable STREAM of easy-to-implement solutions! Debbye will share SMARTcuts to simplify scheduling, meal planning, wardrobe and travel. Ahh! Now that's SIMPLY BRILLIANT!

Tres Hatch: *Eat & Be Thin: 3 Tools for Lifelong Health*

Chef and author Tres Hatch presents: Eat & Be Thin—secrets to help you live free of weight issues without restriction or diets. In this fun, interactive discussion Tres reveals her story of losing 110 pounds and busts myths about health and weight management to help you claim a faster metabolism and more PLEASURE from food. Drawing from her book: [Miracle Pill 10 Truths to Healthy, Thin, & Sexy](#), Tres teaches that lifelong health is LESS about eating and exercise and MORE about how you think. Go home with 3 immediate connections to your body and never battle weight again. Includes chocolate tasting and surprises.

Alice Osborne: *Making Family Dinner Hour Possible*

It's time to return to the joy of family dinner hour, where families enjoy the unity that preparing, eating, and cleaning up together can provide. You'll get tips, ideas, and solid help for creating quick and healthy family meals as well as advice on how to get dinner on, no matter what your schedule hands you!

Jean Tokuda Irwin: *The Arts & the WHOLE Child: A Child Without Art is Like a Car Without a Spark Plug!*

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Tina Persels: *Autism: Shifting to a Different Gear in Parenting*

This presentation will give information to families of children who are newly diagnosed with an Autism Spectrum Disorder, and anyone else who may be interested in this topic. It will focus on building resiliency in families as well as being an informed consumer of services. This is part of an ongoing series that is offered in the community by Utah Family Voices Family to Family Health Information Center.

Carolyn Washburn: *Developmental Assets from the Country Bunny*

In the lovely children's book, [The Country Bunny](#) by DuBose Heyward, the Country Bunny provides a wonderful example of great wisdom in being a female, breaking through the rabbit "glass ceiling", and raising 21 children on her own. She succeeds in her family, her career, and her life because – not in spite of the fact – she is a mother. This presentation provides information for teaching developmental assets and values demonstrated in this timeless children's book.

This presentation will inspire single parents, working mothers and all women.

Susanna Burt: *Digital Parenting*

This workshop will discuss the many forms of social media and digital media available to our youth. Monitoring, setting clear standards, and communicating will also be covered. Bring your smart phone or tablet!

Darlene Christensen: *Teaching Kids About Money*

This workshop will cover fun and effective strategies to teach children about money and finances. Adults will learn ways to teach good money management skills to the children in their lives, whether they are five or 15.

Barbara Smith: *Lubricate the Grinding Gears of Getting Homework Done*

Getting your children to do their homework can be frustrating and stressful. Learn how to help your children take responsibility for their work, and how to make homework a time to strengthen your family, not tear it apart.

Kaisa Kinikini: *Gangs: How Kids Get In, How to Get Them Out & Help Them Stay Out, and Parental Skills to Prevent Kids from Joining Gangs in the First Place*

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Jacci Graham, LCSW: *Raising a Relative's Child*

There are 83,000 children in Utah who are being raised by relatives. That is almost 10% of all children in our state. Typically, the relative is the grandparent of the child. This presentation will take attendees down the "yellow brick road" through the child welfare system to finally seek permanency for the child with the powerful Wizard of Oz, better known as the judge. Come find out who the family meets with a brain, a heart and the courage to face the challenge of kinship care giving.

Abbie Vianes: *The Mechanics of a Blended Family*

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Lisa Gilstrap: *A Lifelong Learner's Permit: Routine Maintenance in the First 10,000 Miles is Critical to the Educational Life of Your Student*

Target audience: Parents/supporters of elementary school age children. This presentation will discuss how to work cooperatively with your elementary school for optimal student results. The desired outcome: students finish their K-12 experience confident in their capacity to learn, adapt and succeed in a dynamic world. Elementary school is where it all begins.

Charles J. Machinski: *The Art of Abundant Living*

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Jose Enriquez: *Service Leadership, Academic Growth, and Literacy Equals Latino Youth Success*

This presentation is aimed at all parents who work with Latino youth and/or have Latino youth in their home. Literacy is the key, leadership is the way, and service is the method used to get our Latino youth to graduate and enter colleges and universities. In Latinos in Action, our youth lead through service. They serve their community through literacy by using their literacy skills and bilingualism to tutor and mentor elementary students who are struggling with speaking and reading English. There is a huge resource in our high schools and junior highs that we have not tapped into. They are our Latino youth, full of energy and brilliance. They are role models, ready to bloom and help our youngest ones do the same. This presentation presents a program whose Latino students have a 100% success rate for high school graduation, and 85% matriculation into college.

Utah Doctors: *Panel of Utah Doctors Addressing Current Issues*

SATURDAY MAY 5th, 3:15pm

Jan Garbett: *Internet Safety 101: Rules and Tools to Help You Teach & Manage Safe Driving Practices for Your Child's Experience on the Internet Highway*

Parents, are you smarter than a 5th grader? Better yet, are you smarter than a 10th grader when it comes to the Internet and social media sites? You don't have to know more, just enough to filter and manage online devices. We have the rules and tools to get you started. Dr. Don Hilton warns that 100% of graduating high school students will have been exposed to pornography. Statistics indicate first time exposure is occurring at increasingly earlier ages. Learn what you can do to safeguard your child and your home.

Kay Graff: *Pack Your Bags: We're Going on A Guilt Trip! (Motherhood & Guilt)*

Young or old, single or married, small children or grown children; if you're a mother, then pack your bags, we're going on a guilt trip! This trip will be led by a very qualified tour guide/mother/grandmother, who knows all about motherhood guilt. (She left one of her kids behind at the public pool once and she admits to cheating while playing Candy Land!) We'll explore why mothers feel the way they do, and we'll probably be doing some repacking along the way. Hopefully you will arrive home, rested, relaxed, and guilt free.

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Susanna Burt: *Digital Parenting*

This workshop will discuss the many forms of social media and digital media available to our youth. Monitoring, setting clear standards, and communicating will also be covered. Bring your smart phone or tablet!

Barbara Smith: *Turning the Success Engine On—Be Engaged*

You are your children's first teacher and the most important influence in their lives. Don't just be supportive of what your child is learning in school ... be engaged! An engaged parent is the number one indicator of school success! It is more important than a great teacher. Even in this rushed world we live in, you can be the best thing that ever happened to your child's success!

Abbie Vianes: *Love & Logic (English)*

Love and Logic teaches parents how to set limits without waging war. In place of anger, you'll learn how to use enforceable statements and empathy, and provide choices and consequences. Parents report more peace in themselves and in the home, plus less stress! Leave with easily applied techniques and skills.

Jaynie Brown: *Proven Skills to Keep Your Happy Family Engine Humming & Your Kids Drug Free*

Research shows that happy, successful families don't just happen. They result from the use of specific skills and methods that can be taught to parents and youth. When families learn them, relationships improve, children behave better, stress goes down, and youth are kept safe from alcohol or drugs that can damage their developing brain. The easiest way to learn these research-proven skills is through the Strengthening Families Program Home-Use DVD that parents and kids watch together at home. Available at minimal cost, the 10 entertaining DVD lessons are based on the famous Strengthening Families Program classes that are taught in 50 states and 17 foreign countries; a program which Oxford University declared was the world's best alcohol prevention program. This class will discuss 5 of the most important, easy-to-learn parenting skills for building happy family relationships and how to incorporate them at home.

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Rob & Leah Harter: *Effective Parenting in a Post-Brady Bunch World*

How can you parent effectively in today's post-Brady Bunch world? In this seminar we will explore how to:

- set clear and consistent boundaries,
- understand one's parenting style and its effect on your children,
- help your child navigate and make good decisions in our post-Brady Bunch culture, and
- utilize effective communication tools that connect with this generation.

Rob's training and work in local churches and communities coupled with Leah's work as a licensed professional counselor, have given them unique insights into how to parent effectively. This workshop is geared toward parents of children who are toddler-age and up.

Cheryl Hanewicz & Eva Bernfield: *Why a College Education Matters for Your Daughters*

A college degree does more than give your daughters the skills they need for a professional job. It helps them develop confidence to be active in the community and open to new experiences. Educated women tend to have healthier families and high-achieving children. In this workshop you will learn about the results of a two-year project. Understand why many young Utah women do not attend or complete college, and why it is important that they do so. You'll leave with strategies and resources to help your daughters attend and graduate from college.

Yuri Perez: *In Time of Rest or in Time of Test, Our Family is the Best*

The family is an early warning and response system. Family members can reduce problem behaviors, delinquency, and alcohol and drug abuse by establishing intimate and trusting relationships. We will discuss how communicating emotional support and practicing consistent discipline will promote protective factors. This is an opportunity to increase your awareness of anger management, bullying, teenage brain development, and communication. Participants will learn skills to build child resilience through understanding social and emotional child development.

Jose Enriquez: *Service Leadership, Academic Growth, and Literacy= Latino Youth Success*

This presentation is aimed at all parents who work with Latino youth and/or have Latino youth in their home. Literacy is the key, leadership is the way, and service is the method used to get our Latino youth to graduate and enter colleges and universities. In Latinos in Action, our youth lead through service. They serve their community through literacy by using their literacy skills and bilingualism to tutor and mentor elementary students who are struggling with speaking and reading English. There is a huge resource in our high schools and junior high's that we have not tapped into. They are our Latino youth, full of energy and brilliance. They are role models, ready to bloom and help our youngest ones do the same. This presentation presents a program whose Latino students have a 100% success rate for high school graduation, and 85% matriculation into college.

Ofa Moea'i & Lia Whitman: *Parents Who Give Roots and Wings: Developing Healthy Cultural Identity in Our Children*

More than ever, children need to have a strong personal identity and a healthy self-confidence to courageously face challenges of modern society and to claim the opportunities of the 21st century. This workshop will give parents 1) ideas and suggestions for how to understand cultural identity and its role in achievement and success, 2) how to give children a strong sense of their cultural heritage(s), and 3) how to give children purposeful exposure to experiences that are new and unfamiliar.

The
**2012 First Lady's
PARENTING
CONFERENCE & EXPO**

... will be held in the South East Side of the Salt Palace.

Salt Palace Parking is \$8.00, with entrances off
of 200 West, 100 South, and 200 South

There is more parking available around the Salt Palace in
various locations, including the new City Creek Center.

