

## Morning Workshops

**A “Burn-out” Low; “Enthusiasm” High—  
You will make it to Retirement!**

**Jeannette French**, Preschool Director and  
Loving Guidance Associate

Conscious Discipline® creates safe, connected classrooms that meet the social, emotional and academic needs of *all* children. This session will give specific strategies for creating a positive school climate that increases achievement and decreases disruptions.

**B Helping Busy Moms Get Organized and  
“Reclaim Their Life”**

**Vicki Norris**, Restoring Order®

If you need to bring order to your home and life, this workshop is for you! Busy moms who are drowning in responsibilities, paper piles, incoming mail, and children's artwork will learn that to create sustainable organizing systems, an ongoing discovery process is necessary. Attendees will be inspired with the purpose and payoff of organizing, and will put their use of time into perspective.

**C Choosing and Using Good Books to  
Help Children with Everyday Issues and  
Tough Challenges**

**Cheryl Coon**, Author

Are you searching for an effective way to talk to children about making friends, sharing toys, teasing and bullies? Reading together can help children learn to handle challenges, overcome fears, appreciate differences, handle feelings, and acquire problem-solving skills.

**D Maximizing Mindfulness: Real-World  
Ways to Get Calm, Clear and Creative**

**Maya Talisman Frost**, Mind Masseur

Looking for a way to gain more control of yourself as well as your little ones? Join this workshop for an informative and entertaining workshop full of tips to help you become the calm, clear and creative mentor you've always wanted to be.

**E Supporting a Child's Building Blocks to  
Self-Esteem**

**Karen Bissonette**, MA. 12 years  
experience in Taking Charge classes

How do you help your child grow toward that strong, caring confident adult you hope they will become? Come learn how to support your child as they climb the staircase towards high self-esteem.

**F Raising Girls Today**

**Lisa Sloan**, Executive Director of  
Full Esteem Ahead

Understand and diffuse the toxic culture that influences our girls and learn specific strategies to help our girls thrive.

**G Exploring the Emotions of Preschoolers**

**Lynn Collins**, Ph.D, Lead Parent Educator  
of the Parent/Young Child

**Paige Beard**, MA, CDS, Child and Family  
Therapist in Private Practice, Parent Educator

Discover the exciting and sometimes exhausting emotional world of preschoolers. We will explore emotional development during these ages, skills young children need to navigate their social-emotional worlds, and tools parents can use to support children's emotional growth.

**H Parenting Styles**

**Glenda Montgomery**, Certified Positive  
Discipline instructor

Ever wonder why the parenting you grew up with is not working on kids of today? What IS effective? We will explore various parenting styles and the characteristics they tend to nurture in our children, making your own parenting style choices more confident, informed and effective.

**I Siblings: What to Say and Do to Restore  
the Peace**

**Sharon Silver**, Center for Conscious  
Parenting

Have the words “Because I asked you!” ever been your best response? Do the words, “Do it or time out” sound familiar? Come discover ways to empower your children to act the first time you make a request, all without yelling. You'll hear a new way to phrase things that creates cooperation and what to do if the child doesn't respond.

**J Managing the Monster—Understanding  
& Confronting Media**

**Michael Morrow**, M.A., Certified  
OSATS, OCCET, NAEYC Validator,

Uses & misuses of media—television and videos—with children. Examines the “myths” of TV, changes in TV content; effects of TV—especially violence—on children's behavior; Superhero TV and play. Practical information on how to work with children to lessen TV's effects.

**K The Creative Child**

**Lucy Chaille**, Director and Kindergarten  
Teacher, Creative Children's Center, Beaverton

Children who are able to tap into their creative spirit can find inspiration in everyday life. This enthusiasm to “create” in turn influences a child's own image, confidence and love to learn. From the written word to clay play, art, science and literature interconnect!

## Afternoon Workshops

**A There is Life with Kids!**

**Jeannette French**, Preschool Director and  
Loving Guidance Associate

Conscious Discipline® skills that help handle the fits, tantrums and emotional upsets in everyday living. This session will give you ways to teach children how to be helpful, contributing, responsible members of the family.

**B Helping Busy Moms Get Organized and  
“Reclaim Their Life”**

**Vicki Norris**, Restoring Order®

See morning workshop description.

**C Mindfulness - You're Soaking in It!**

**Maya Talisman Frost**, Mind Masseur

Finding it hard to find time for mindfulness? Relax—you're soaking in it! This class offers eyes-wide-open ways to get your mind-and your body-to work FOR you instead of against you. And here's the surprising part—it's easy, fun, and unforgettable.

**D Avoiding Power Struggles**

**Karen Bissonette**, M.A. 12 years  
experience in Taking Charge classes

Based on the book “Taking Charge: Caring Discipline that Works at Home and at School,” by Joanne Nordling. Come find out the ways you might be sabotaging your best efforts at positive discipline and how to break the frustrating cycle of power struggles with your child.

**E Attachment and Separations:  
Implications in the Classroom**

**Paige Beard**, MA, CDS, Child and Family  
Therapist in Private Practice, Parent Educator

In this workshop for preschool teachers we will explore theories of attachment and learn how different attachment styles show up in children's behavior. We will discuss how to foster secure attachments between children and their parents, and between children and teachers.

**F Preschoolers and Younger Siblings:  
Coping with Common Challenges**

**Lynn Collins**, Ph.D. Lead Parent Educator,  
Willamette Falls Hospital

We will explore challenges such as parenting children in different developmental stages and the concept of fairness with siblings. Includes discussion of factors in building a positive relationship between siblings.

**G What About Boys**

**Lisa Sloan**, Executive Director of  
Full Esteem Ahead

Explore the world of boys—active, curious and sometimes emotionally inexpressive. Learn some specific strategies for listening to and communicating with our sons

**H Discipline: What to Say and Do to Set a  
Limit or Expectation Any Time**

**Sharon Silver**, Center for Conscious  
Parenting

Do you think twice before going somewhere because you're concerned about misbehavior? We can't stay home every day because our sweet ones have decided they don't want to behave. And we can't allow defiance, confrontations and misbehavior to control the family. If any of this sounds familiar then come learn how to set boundaries and limits regardless of where you are or what's going on.

**I Working with Challenging Children  
(ADD/ADHD/ODD Focus)**

**Michael Morrow**, M.A., Certified  
OSATS, OCCET, NAEYC Validator

Provides theoretical perspective on “active” and “aggressive” children. Considers current research on brain development, including how early environment can promote ADD/ADHD. Practical information on creating peaceful classrooms through understanding the special needs of challenging, especially ADD/ADHD and ODD, children. (Teachers, parents, care providers!)

**J Understanding the development of  
Self-Esteem and Its Lifelong Impact—  
Both Positive and Negative**

**Marilyn J. Sorenson**, Ph.D., Founder  
and Director of The Self Esteem Institute

Self-esteem greatly affects ambition, behavior, motivation, creativity, learning, emotional stability, relationships and much more. Based on two of Dr. Sorenson's books, this workshop thoroughly exposes the positive and negative effects of self-esteem and guides parents in how to instill healthy self-esteem in their children.

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