

Edmonton Public Library, Fulton Childcare Association, Primrose Place Family Resource Centre
& The Southeast Edmonton Early Childhood Community Coalition present...

I AM A PARENT WORKSHOPS

SATURDAY, APRIL 27, 2019 8:30-12:15pm

Fulton Place Childcare 10310-56 Street- west doors

FREE EARLY YEARS WORKSHOPS FOR PARENTS & CHILD CARE PROFESSIONALS

SNACKS PROVIDED AND LIMITED CHILDCARE IS AVAILABLE (REGISTER EARLY FOR CHILDCARE)

8:30- 9:00AM: DOORS OPEN, REGISTRATION & RESOURCE FAIR

9:00-10:30AM: WORKSHOPS (choice of workshop 1,2,3: must be registered to attend as space is limited)

#	WORKSHOP NAME:	PRESENTER:	WORKSHOP DESCRIPTION:
1	EMOTIONAL REGULATION 9:00-10:30AM	Chelsea Ohlmann (R. Psych) & Brittney Doody (MSW, RSW)	In this workshop we will explore brain development in children and explore why children may have difficulty regulating emotions. We'll explore the importance of co-regulation, of validating and coaching your children through their feelings, and strategies parents can use to help their children stay regulated more of the time.
2	TODDLERS & TECHNOLOGY 9:00-10:30AM	Kristin Dmytriw Training Manager Centre for Family Literacy	Is it a good combination? This workshop looks at what research has to say about young children and using technology. We also look at how much time children spend with technology every day while exploring what technology is out there for young children and how it is being used.
3	MISSBEEHAVEN: A MATTER OF PERSPECTIVE 9:00-10:30AM	Deborah Fehr Early Learning Educator, EFT Practitioner/ Meditation Teacher	What often looks like children's intentional means of getting under our skin is merely our inability to understand what they are trying to tell us. During this workshop, we will look at a variety of perspectives, understanding and deciphering behaviour and controlling the only thing we can ever really control...ourselves. This is the first of a series of three possible sessions that looks at children's sometimes challenging behaviour.

10:30- 10:45AM: REFRESHMENT BREAK & RESOURCE FAIR

10:45-12:15PM: WORKSHOPS (choice of workshop 4,5,6: must be registered to attend as space is limited)

#	WORKSHOP NAME:	PRESENTER:	WORKSHOP DESCRIPTION:
4	CHILDHOOD ANXIETY 10:45-12:15PM	Chelsea Ohlmann (R. Psych) & Brittney Doody (MSW, RSW)	In this workshop, we will discuss the role of anxiety and how it impacts brain development. We will also discuss how to recognize anxiety in young children and strategies that parents can use to help their children stay regulated.
5	SECRET LEARNING THROUGH GAMES; A PLAY BASED APPROACH TO LITERACY DEVELOPMENT 10:45-12:15PM	Kristin Dmytriw Training Manager Centre for Family Literacy	Play is a child's job! Everyday children set out to discover how the world works. Listening to stories, playing games and drawing in pudding gives them a strong foundation for language and literacy. This workshop will uncover some of the hidden learning that games teach. Participants will also get to explore some fun and simple games that anyone can make!
6	THE BRAIN ARCHITECTURE GAME 10:45-12:15PM	Southeast Edmonton Early Childhood Community Coalition	Enjoy learning about brain development and what promotes and potentially weaken brain development by playing an interactive, fun game where you build a child's brain based on scenarios provided.



TO REGISTER:

EMAIL: fcssdodie@shaw.ca or CALL 780-667-4383

