

Special thanks to CMMC for generously donating the printing of this publication.

Register now for the 2008 Parenting Matters Conference!



Advocates for Children  
P.O. Box 3316  
Auburn, ME 04212-3316  
www.advocatesforchildren.net

# Advocates for Children

presents the 17th Annual

## Parenting Matters Conference

Saturday, March 29

Central Maine Community College  
1250 Turner St, Auburn

7:45AM - 3:30PM

featuring Maine author & educator:  
**Pam Leo**



### "Connection Parenting"

*"Let's raise children who won't have to recover from their childhood."*

Generously sponsored by:



#### Exhibits:

More than 15 agencies, organizations and businesses serving children and families will provide a wide array of information, services and products in our exhibit area.

#### Partial Scholarships:

A limited amount of partial scholarships are available to help parents who cannot afford the full conference fee. Call AFC at 783-3990 for more information.

#### Child care Available:

Child care will be provided by Androscoggin Head Start & Child Care starting at 7:30am at the Washburn Elementary School for children between the ages of 6 weeks and 12 years. The fee is \$20 per child. Parents must provide for all their child's needs including food and diapers. Space is limited. Call AFC at 783-3990 to register.

#### Registration Fee:

Includes keynote address, three workshops, and lunch. Registration is first-come, first-served. We reserve the right to cancel a workshop due to insufficient enrollment. Refunds will be made prior to March 14 less a \$10 cancellation fee.

**No refunds given after March 14.**

Questions, call 783-3990.

**The Parenting Matters Conference is not a school sponsored activity.**

#### About Pam Leo

Pam Leo is an independent scholar in human development, a parent educator, a certified childbirth educator, a doula, a parent, and a grandparent.

"After my first child was born in 1972, it became my passion to understand human behavior. I began to study child development, psychology, sociology, and anthropology. I wanted to learn why we are each born as a tiny innocent being, and some of us grow up to be a Mahatma Gandhi while others become an Adolf Hitler. What determines the difference? I was determined to find out."

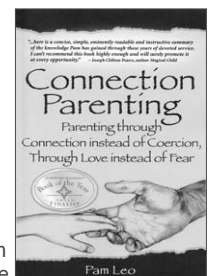
"My journey has been and continues to be a wondrous one. While raising my two daughters, I supported us by being a family child care provider for children ages two to ten, fifty hours a week, fifty weeks a year, for twenty-two years. During that time I home schooled my daughters and continued my own independent study of human development. In 1989 I developed the seven-session parenting series, *"Meeting the Needs of Children"* which I teach publicly and in the prison system with inmate parents."

#### Keynote Address:

**"You can't make me!"**

***"Parenting through Connection Instead of Coercion, Through Love Instead of Fear."***

Ask the parents of any teenager if counting to three still works. Parenting through coercion grows weaker every year, while parenting through connection grows stronger every year. By the time our children are teenagers, and we can no longer control their behavior through fear, we want to have influence. We will only have influence if we have a strong connection. She will talk about why it is so important to create a strong parent-child bond now and keep that bond strong in today's hectic lifestyle.



## Workshop A (8:30-9:45am)

### 1. Understanding Difficult Behavior; Why does s/he do that? **NEW!**

This workshop will help parents begin to see how deciphering a child's behavior can help direct your guidance efforts.

Andrea Howe & Pam Prevost, *Finders Seekers*

Y

### 2. Maine Boys Network: Supporting Boys Academic Success. **NEW!**

The Maine Boys Network is dedicated to supporting the overall health and well being of adolescent boys and young men. Come learn about current ways to support boys academic success.

Meghann McCluskey, *Boys to Men*

E,T

### 3. Questions That Take Your Breath Away!

A humorous look at the sexuality questions all children ask. Books, tools and techniques to answer those questions presented by a family life educator with 23 years of experience in the local schools.

Diane Brown, *Family Life Educator*

A

### 4. Budgeting on a Shoe-string!

Learn how to get your financial house in order. Be in a position to make better financial choices now, and plan for your future.

Staff, *Community Credit Union*

A

### 5. Eating Well for Busy Families

Learn how to stretch your food dollar on a budget and still eat healthy. For the family of today get some great tips and recipes that are healthy, save money and make your family happy.

Ruth Cyr, *Nutrition Aide, University of Maine, Cooperative Extension*

A

### 6. The Effects of Trauma on Brain Development. **NEW!**

You've heard the saying "Here is your brain" here is your brain. How about "Here is your brain traumatized". Learn about the effects of trauma and its effects on young children and brain development.

Arabella Perez, *THRIVE System of Care*

Y,A

### 7. Libraries Matter: How Your Public Library Can Help You be the Parent You Want to be. **NEW!**

Play, learn and read with the best of the wide variety of programs offered by your libraries. Local librarians will describe their services for families and introduce you to parenting resources all available free of charge through the Auburn and Lewiston Public Libraries. Some participants will win a book to take home!

Deb Cleveland, *Auburn Public Library & David Moorhead, Lewiston Public Library*

A

### 8. Have Fun with WinterKids!

Come learn about fun, outdoor, winter activities for you and your children. Get fit! Get Healthy! Get Outside!

Marion Doyle, *Winter Kids*

Y,E

## Workshop B (10:00 - 11:30am)

### 1. Moving from Coercion to Connection Parenting. **NEW!**

Building and maintaining a strong parent-child bond is our most important work as parents. We will develop strategies to parent through connection instead of coercion and replace punishment with true discipline.

Pam Leo

A

### 2. It's the Best and the Worst of Times for Girls Today. **NEW!**

Acknowledging the social issues girls have available to them, we'll also discuss the unique challenges faced by participant's daughters. Learn ways to assist girls in a successful transition from childhood through adolescence and into adulthood.

Mary Orear, *Mainely Girls*

E,T

### 3. Parent Awareness Training: A Roadmap for the First Five Years. **NEW!**

This workshop will help parents of young children become more conscious and intentional in their parenting, their relationships with their child(ren) and family life. Components of healthy emotional development, development expectations, parenting history and parent-child match or fit will be covered.

Jayne Marsh, *M.S.N., M.P.A.*

Y

### 4. Kids Kitchen! **NEW!**

Learn to make easy quick healthy and affordable snacks your kids can help prepare. This interactive workshop will include tasty samples!

Denise Dill, *Lots to Gardens*

A

### 5. The Parent-Teacher Partnership

Designed to help parents and guardians make the most of parent-teacher conferences. Learn useful tools to effectively communicate your questions and concerns and learn multiple ways to gain and share additional insight into your child's education.

Casey Kimball, *Maine State PIRC*  
Maine Parent Federation

A

### 6. Behavior as a Form of Communication: The Power of Nonverbal Communication

Learn a brief overview of speech and language development and the importance of nonverbal language. We will discuss the power of communication when demonstrated through behaviors.

Stephanie Gelinis, *Sandcastle Preschool*

Y

### 7. Preventing Discipline Problems; Nurturing Responsible Behavior. **NEW!**

Learn about controlled strategies that help children understand and follow our guidelines. Participants will learn ways to prevent discipline problems.

Andrea Howe & Pam Prevost, *Finders Seekers*

Y

### 8. I am Moving, I am Learning. **NEW!**

Learn about what a core competency is in a variety of settings for your preschool children, families and staff.

Androscoggin Head Start & Child Care Staff

Y

## Workshop C (12:30 - 1:45pm)

### 1. Steps to Choosing Quality Care

This training will teach participants what quality child care looks like, where they can find names of child care providers and information on the State of Maine Quality Rating System for Child Care.

Andrea Howe & Pam Prevost, *Finders Seekers*

Y

### 2. Outdoor Fun With Your Kids Throughout the Year. **NEW!**

Come learn about all the wonderful public spaces in Androscoggin County that are yours to enjoy with your family. We will show you some beautiful spots from downtown Lewiston to Poland to Leeds where you can take walks, play games and just have fun!

Erin Guay, *Healthy Androscoggin*

A

### 3. Family Traditions

Learn ways to establish your own family traditions! This workshop will discuss the many ways to incorporate traditions both old and new into your family.

Toni Ramsey, *Educator*

A

### 4. The Spiritual Life of Children

This workshop will explore the spirituality of children. Participants will learn practical ways to help children make meaning of their experiences and life during difficult times of loss and grief, at exciting turning points, or in the ordinary of daily life.

Klara Tammany, *Certified Parent Educator, Advocates For Children*

Y

### 5. Follow that C.A.R. **NEW!**

Learn ways to connect to your child through hands-on literacy activities.

Androscoggin Head Start & Child Care Staff

Y

### 6. When Aliens Live Among Us: Understanding Adolescent Development

Parents sometimes feel as if invading aliens have taken over their children's minds between the ages of 12 and 20. Understanding the needs and challenges of developing teenagers can help parents to negotiate this exciting time in their child's life with humor and patience.

Peter Wigley, *Casework Supervisor, Adolescent Permanency Unit, OCFS*

T

### 7. Music Matters! **NEW!**

Learn about the importance of music in your child's life. This workshop will give you some ideas of how to share music with your child. You will learn and experience new songs, chants, and movement activities to do.

Cherie Szustak, *Music Together*

Y

### 8. Yoga and Storytelling. **NEW!**

Learn how yoga, when combined with storytelling, can bring the fun and magic of a child's imagination in concert with the joy and benefits of creating a calm mind and healthy body. The integration of yoga with storytelling can also create positive messages of compassion, strength, wisdom and focus into a child's life.

Kathy Deschene, *Yoga Center of Maine*

Y

**Workshop Codes:** Y= Young Children E = Elementary Age (6-12) T= Teens A = All Ages/General Interest

### 2008 Parenting Matters Registration Form

Name: \_\_\_\_\_ Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Telephone: Day \_\_\_\_\_

Evening \_\_\_\_\_

Cost Per Person \_\_\_\_\_\$30 **Early Registration (by March 7)** \_\_\_\_\_\$25

**Child care:** # \_\_\_\_\_ children x \$20 = \$ \_\_\_\_\_ **Total enclosed:** \$ \_\_\_\_\_

\_\_\_\_MasterCard \_\_\_\_Visa Name as it appears on card: \_\_\_\_\_

Account # \_\_\_\_\_ Signature: \_\_\_\_\_ Exp. date: \_\_\_\_\_

Please list three choices in order of preference for Workshops A, B and C below:

**A:** 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ **B:** 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ **C:** 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_



Make your check payable to **Advocates for Children** and mail it with this form to:  
Advocates for Children  
P.O. Box 3316  
Auburn, ME.  
04212-3316

## Schedule

7:45 - 8:15 **Registration**  
8:15 - 8:30 **Welcome and Opening Remarks**  
8:30 - 9:45 **Workshop A**  
9:45 - 10:00 **Break**  
10:00 - 11:30 **Workshop B**  
11:30 - 12:30 **LUNCH**  
12:30 - 1:45 **Workshop C**  
1:45 - 2:00 **Break**  
2:00 - 3:15 **Keynote**  
3:15 - 3:30 **Closing & Doorprizes**