

CONFERENCE PROGRAM

Upskilling Parenting Educators: The Next Level

Virtual Conference

April 5, 2024



WELCOME TO NPEN'S 2024 INAUGURAL CONFERENCE!

We are so happy you have joined us! Because the work of parenting educators is critical to the well-being of families, the focus of this conference is to provide new information and skills for those in the parenting education field.

The vision of NPEN is that all parents and caregivers will have the information, resources, and support needed to provide a nurturing relationship and environment that encourages children's healthy growth and development. To achieve this vision, we focus on information sharing, professional development, networking, leadership, and advocacy. By attending the 2024 NPEN Conference, we hope you will gain information, develop your professional skills, network with others, and learn about NPEN leadership opportunities.

As a volunteer-run nonprofit, we are so appreciative of your time, talents, treasures, and attendance! We extend our utmost gratitude to Bonnie Harris, our keynote speaker, and the 32 presenters, all who have given of their time and expertise to bring you today's "upskilling" of parenting education.

Thank you for all you do for families – enjoy the conference! **Debbie Farr, Ph.D.**

NPEN Board Chair and Conference Chair

info@npen.org conference@npen.org

REGISTER HERE

\$110 non-members | \$60 members | \$30 students

POST-CONFERENCE SURVEY AND CERTIFICATE OF ATTENDANCE

After the conference, you will be sent a post-conference survey, giving you an opportunity to reflect on the general process and overall content. Completion and submission of the survey will trigger a Certificate of Attendance for the NPEN Conference (total of 7 clock hours).

Please allow 3-4 days for processing from the time of your survey submission. If you have any questions or do not receive your Certificate of Attendance, please contact conference@npen.org.

STAY IN TOUCH









SCHEDULE OF PRESENTATIONS ALL TIMES ARE EST.

11:00 - 11:55	Welcome & Keynote Bonnie Harris Parent Education: It's All About the Parent — Because the Kids are Fine		
12:00 - 12:25	Yu Jiang Parenting Creatively: A Powerful Guide for Parental Decision-Making	Kerri Nachlas Sweet Dreams: There is More to Sleep than Rest	Teresa Phelps Navigating Grief Together: Strengthening Educator-Parent Connections
12:30 - 1:25	Michele Thorne and Gabrielle Ficchi The Critical Importance of Caring for the Caregivers	Neil Tift Exploring Maternal & Paternal Parenting Styles	Dollnita M. Winston Guiding Co-Parents Through Challenges, Chaos, and Conflict
1:30 - 2:25	Rebecca Parlakian Exploring the Parent Cafe Model: Learning Through Meaningful Conversations	Ebonyse Mead The Glows and Grows of Racial Justice and DEIB Work	Aaron Weiner Vaping, Nicotine, and THC: Helping Parenting Educators Prepare Parents for Teen Drug Trends
2:30 - 2:55	Ellen Taner, Michelle Berscheid, Eve Sullivan, and John Jeffers Recognizing Parenting Educators Through Licensure	YaeBin Kim Use of Evidence-Based or Evidence-Informed Parenting Education Programs in the Real World	Tanya Rouleau Whitworth and Corinna Jenkins Tucker Parent Education is an Opportunity to Address the Most Common Form of Family Violence: Sibling Aggression
3:00 - 3:30		BREAK	
3:30 - 4:25	Julia Tienson and Jen Hoskins Family Check-Up Online: An Accessible Parenting Tool for Serving Caregivers	Sandra McClintic, Betty Cooke and Lorna Durrant Parenting Educator Competencies: Enhancing Skills for Professional and Paraprofessional Parenting Educators	Debbie Kruenegel-Farr Infusing Positive Psychology in Parenting Education
4:30 - 4:55	Samantha Gray Normalizing and Encouraging Universal Parenting Education	Yogi Patel Educational Adventures at Home	Dana Booker Beyond the Book: Supporting Parent Educators' Knowledge Attainment in Diverse Literature to Promote Shared Reading Time for Parents with Young Children
5:00 - 5:55	Mary Willcox Smith Micro-Moments in Parenting: Cultivating Resilience and Connection One Step At a Time	Sahba Rohani and Brandi Forté Innovative Approaches for Engaging Families in Schools	Stacy Lappin, Roshaé Lowe and Regina Elmi Legacies of Love - Cultivating Family Connections

We request the following: hold comments/questions until the end of presentations and ensure chat box comments/questions are presentation-specific. Presentations will be recorded but please - no downloading or sharing.



11:00 - 11:55 AM EST

11:00 - 11:05 **WELCOME**

11:05 - 11:55 **KEYNOTE**

Bonnie Harris, M.Ed.

Parent Education: It's All About the Parent —Because the Kids are Fine



Kids are fine when they are unconditionally accepted—no matter who they are or what conditions they are born with. Our job is to help parents find that acceptance and balance their own needs as well. Not only do parents have their own childhood filters that interfere, they worry about getting it right and getting their kids to be who they think they should be. And then there's understanding children's differences—from each other, from their parents, and from the neighbor's kids. Acceptance means allowing and nurturing each child's unique needs even the ones who continuously push every button. This talk will examine two temperamental styles of children that can transform the families you work with—the Integrity child and the Harmony child.

Bonnie Harris, MS Ed, is the director of Connective Parenting and has been a parenting specialist for over thirty years. Parent educator, professional trainer, family counselor, author, and international speaker,

Harris is known for her support of the parent's role in establishing strong personal boundaries, responsibility, and balance in the parent-child relationship, so connection is easy. In 1990, she founded **The Parent Guidance Center** in New Hampshire. Based on her book, *When Your Kids Push Your Buttons and What You Can Do About It*, published in seven countries, Bonnie has taught Buttons parent workshops and professional trainings internationally. Her second book, *Confident Parents, Remarkable Kids: 8 Principles for Raising Kids You'll Love to Live With*, distills her work into 8 key principles and practical strategies. Her 3rd endeavor is an ebook presently titled, *Easy Kids, Tough Kids: Learn Who They are and What They Need.* She was the host of the podcast, Tell Me About Your Kids, where listeners are a fly on the wall in her parenting sessions with real parents struggling with real issues.

To see videos, YouTube and audio clips of her teaching, interviews and workshops, visit www.bonnieharris.com.

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12:00 - 12:25 PM EST



Yu Jiang
Licensed Parent and Family Educator, NYSPEP Certified Parenting Educator
Parenting Creatively: A Powerful Guide for
Parental Decision-Making

This presentation introduces the Parenting Process - a powerful universal tool for parental problem-solving and decision-making, created by Dr. Harriet Heath. The Parenting Process is unique in that it helps parents feel more confident about the decisions they are making and more competent in their ability to implement those decisions. The practice of multiple programs and generations demonstrated outstanding effectiveness of this process with both group-based parenting and one-on-one sessions. Are you seeking to become an "Upskilling Parenting Educator?" The Parenting Process will lift your practice to the next level!



Kerri Nachlas
Certified Newborn Care Specialist; Pediatric Sleep Consultant
There is More to Sleep than Rest

This presentation will provide a comprehensive look at the role of sleep, or the absence of it, within families, and how it affects parental behavior and children's well-being at home and in Parenting educators will learn crucial sleep strategies that can equip clients with the most effective parenting strategies ensuring children can best benefit from them.



Teresa Phelps
Certified Grief Recovery Specialist
Navigating Grief Together: Strengthening Educator-Parent
Connections

This presentation aims to empower parenting educators with the knowledge and skills to be compassionate listeners and guides for their clients by 1) identifying the 40+ different life experiences that may cause grief, 2) connecting with their clients through active listening; and 3) learning what to say and what not to say during conversations.



12:30 - 1:25 PM EST





Michele Thorne
and Gabrielle Ficchi, Ph.D, LPC, CRC
Co-founders of Care 4 the Caregivers
The Critical Importance of Caring for the Caregivers

Children with disabilities face a higher risk of experiencing abuse, neglect, and abandonment compared to their peers, particularly from their caregivers, often their parents. Unfortunately, the caregiver community remains largely unseen and unsupported. This lack of recognition and assistance contributes to the development of PTSD-like symptoms among caregivers, which, in turn, negatively impacts their children. This presentation aims to shed light on the impact of a disability diagnosis on caregivers' protective factors and advocates for proactive measures that your agency can take to offer the essential support they require.



Neil Tift
Parent Educator, Native American Fatherhood & Families Association
Maternal and Paternal Parenting Styles

Research clearly indicates that, in many aspects, fathers' styles of parenting are different from mothers' parenting styles. This workshop will present a summary of results of current research

on maternal and paternal parenting approaches, comparing and contrasting the two. It will present parenting educators with opportunities to recognize and respect the benefits of these differences in their homes and in their field of practice.



Dollnita M. Winston, MSW
CEO of Family Life Enhancement, LLC
Guiding Co-Parents through Challenges, Chaos, and Conflict

This presentation will focus on providing practical steps for Parent Educators as they work with co-parents who are raising their children between two separate homes. It is essential to help

co-parents build stronger communication skills and learn effective ways of managing conflict. These challenges can easily hinder the overall goal of raising healthy and well-adjusted children. She will discuss specific reasons why co-parents face challenges, chaos, and conflict within their co-parenting relationship and will share useful strategies to help in the counseling or coaching process.



1:30 - 2:25 PM EST



Dr. Ebonyse Mead, CLFE
President of the Educational Equity Institute
The Glows and Grows of Racial Justice and DEIB work

In recent years there has been a full blown attack and assault on Equity, Diversity, Inclusion, and Belonging efforts. Those in positions of power continue to push back racial equity work.

Many people and organizations have returned to the status quo after the stream of racial equity trainings that ensued after the murder of George Floyd. This session is a call to action to refocus our attention on the importance of creating a just society and equitable programs and services for children and families. Despite the recent backlash to equity, racial equity and justice still matters.



Rebecca Parlakian
Senior Director of Programs at Zero to Three
The Parent Cafe Model:
Learning Through Meaningful Conversations

The parent cafe model is a powerful tool to center parents' voices and lived experiences, while supporting reflection and learning about child-rearing and parenting. Participants will explore the key elements of a parent cafe model and see examples of the model from a recently-released parent cafe curriculum, Early Connections. Join us to learn and practice the skills of a parent cafe and consider how this approach might be used in your program or community!



Aaron Weiner, Ph.D., ABPP, MAC
Immediate past president of the Society of Addiction Psychology

Vaping, Nicotine, and THC: Helping Parenting Educators Prepare Parents for Teen Drug Trends

With vaping nicotine commonplace and recreational THC use normalized and promoted, teens face new and difficult pitfalls related to substance use and addiction. Misinformation and confusion persist around these topics and debunked myths are taken as fact by parents and teens alike. This presentation will cover the facts and fiction surrounding vaping, nicotine and THC, with an emphasis on what parents can do to help their teens and pre-teens make healthy decisions related to vaping.



2:30 - 2:55 PM EST



YaeBin Kim, Ph.D.
Child Development Specialist
Use of Evidence-Based or Evidence-Informed Parenting
Education Programs in the Real World

Evidence-based parenting programs have a high likelihood of having a positive impact on families, especially child behavior problems. Although most evidence-based programs were researched in controlled environments, they are intended to be implemented by professionals

in practice settings. Although fidelity is important, it is hard to achieve. Therefore, practitioners make adaptations in content, process or mode of delivery. Many researchers may agree that we need to decide what can be modified and what should never be modified. Therefore it is important to understand the status of evidence-based parenting education programs implemented by parenting education professionals.





Ellen Taner
Family Science Consultant,
Taner Associates
Eve Sullivan

Founder of Parents Forum

Michelle Berscheid, Ed.D
Licensed Parent and Family Educator, Early Childhood
Family Education (ECFE), Family Literacy Program

John Jeffers
Retired Licensed
Clinical Social Worker





Recognizing Parenting Educators through Licensure

Each team member will focus on a particular component. Ellen Taner will present the table of contents of the toolkit and the rationale for this effort. Michelle Berscheid will review the history of and current licensure of parenting education in Minnesota. Eve Sullivan will identify with participants, ways they have advocated for their role or the entirety of the parenting education

profession so they feel empowered to use their voice. John Jeffers will share the Scope of the Challenge and valuable research pertaining to this effort. There will be 10 minutes for a Q&A portion of the session.



Tanya Rouleau Whitworth, Ph.D.

Research Scientist for SAARA at the Crimes Against Children Research Center, University of New Hampshire

Corinna Jenkins Tucker, Ph.D, CFLE

Director of SAARA at the Crimes against Children Research Center, University of New Hampshire

Parent Education is an Opportunity to Address the



Sibling aggression is the most common form of family violence that youth experience or witness. Many parents and professionals, however, believe that aggressive sibling behaviors like hitting and kicking are harmless and a normal part of growing up. Although some forms of sibling conflict present an opportunity to develop social skills, aggressive sibling behaviors are potentially damaging. Research finds that sibling aggression and abuse can have short-

and long-term negative impacts on physical and mental health for both the harmed sibling and the sibling who causes harm. Parents are key to preventing and stopping sibling aggression. Yet evidence-based parent education programs generally do not address it. We propose how such information could be infused into parent education programming.

Most Common Form of Family Violence: Sibling Aggression



3:30 - 4:25 PM EST







Sandra McClintic, Ph.D.
CFLE Emeritus, Texas Woman's University

Betty Cooke, Ph.D.
University of Minnesota Family Education, Adjunct Faculty

Lorna Durrant, Ph.D., CFLE
Assistant Professor, University of Tennessee-Chattanooga,
Child & Family Studies Program

Parenting Educator Competencies: Enhancing Skills for Professional and Paraprofessional Parenting Educators

The Professional Parenting Educator Competencies document provides a broad and comprehensive set of competencies that include key knowledge, skills, and attitudes and dispositions typical of effective parenting educators. The Paraprofessional Parenting Educator Competencies document identifies competencies for paraprofessionals in parenting education. The recruiting, training, and supervising manual offers guidance and tools for community organizations that utilize paraprofessional parenting educators. The participants will learn of the numerous ways these three resources can be used.





Julia Tienson, LCSW

Child and Family Center, Prevention Science Institute, University of Oregon

Jen Hoskins, LCSW
Northwest Prevention Science

Family Check-Up Online: An Accessible Parenting Tool for Serving Caregivers

This presentation will discuss their findings as licensed clinicians working as parent coaches in a randomized control trial. Caregivers with young children had access to the Family Check-Up online, a parenting app, and were provided phone sessions. 350 families were recruited across the state of Oregon, half of families received parenting support and many families served live in rural communities and had a history of opiate use. Over 90% of intervention families used the app and engaged in phone coaching.



Debbie Kruenegel-Farr, Ph.D.

Owner of Flourishing Families, author of E.N.R.I.C.H. Your Relationship With Your Child, NPEN Board Chair

Infusing Positive Psychology in Parenting Education

Positive psychology gives us many strategies to improve our health and well-being. These strategies can help parents in their own lives, as well as when they parent their children. Strategies such as humor, mindfulness, positive communication, play, vacation, gratitude, etc. can all have a positive impact on families. When parenting educators *understand* these strategies, they can help parents infuse them into their relationships with their children. When parenting educators *use* these strategies, it creates a positive connection with the parents they work with and models for them.



4:30 - 4:55 PM EST



Dana Booker, Ph.D.
Senior Lecturer - University of North Texas
Beyond the Book: Supporting Parent Educators' Knowledge
Attainment in Diverse Literature to Promote Shared Reading
Time for Parents with Young Children

This presentation highlights the important relationship that parent educators have with parents and the positive impact they can have in improving social and emotional development in children by supporting diverse literature for parents with young children. The presentation will focus on barriers to diverse literature across parent educator (and parents) which include policies, limited training, and personal value/belief systems. Additionally, attendees will learn about the benefits of diverse literature exposure in early childhood. Finally, attendees will have an opportunity to evaluate examples of diverse literature and will engage in reflective activity to share experiences and strategies used to support families within shared reading activities.



Samantha Gray, MA, CAHPE, MA, CAHPE Parenting Program Coordinator for Appalachian Promise Alliance Normalizing and Encouraging Universal Parenting Education

This presentation will identify strategies to reduce stigma associated with parenting education, such as encouraging childbirth education class participation, mass media and social media

campaigns, community leader and influencer support, and saturating the communities with accessible classes and groups.

Yogi Patel

Trainer for the Positive Discipline Association, Founder of Transformation through Empowerment

Educational Adventures at Home

This presentation explores child development through three-year blocks, focusing on the significance of children's contribution and skill development. We'll review various options for children to contribute and discuss the skills they acquire through these experiences. The session concludes with strategies for fostering hands-on learning while strengthening the bond between children and caregivers, promoting a sense of belonging and connection. Attendees will gain practical insights for creating an enriching environment where children feel valued and engaged in family activities.



5:00 - 5:55 PM EST







Stacy Lappin, M.Ed Roshaé Lowe
Director of BELONG Partners
Regina Elmi
Roshaé Lowe
Facilitator of BELONG Partners

Executive Director of Supporting Partnerships in Education and Beyond (SPEB)

Legacies of Love - Cultivating Family Connections

This presentation will be an engaging hour where parenting educators will delve into the transformative Legacies of Love Program. Designed to empower families of color, this session will offer a holistic overview of the program's vision and practical tools for building authentic parent partnerships. Parenting educators will explore practical tools and structures for centering the voices of families of color and exploring their rich culture to build trust and authentic partnership. Through interactive experiences, participants will discover activities they can use to bring this relevant program to their context.



Sahba Rohani, MA
Executive Director of Roots ConnectED
Brandi Forté
Founding Teacher, Roots ConnectED
Innovative Approaches for Engaging Families in Schools



One of the most important stakeholders in a diverse school community are the families. In this workshop they will discuss the key elements needed for successful community programming and elements of careful program planning, particularly in diverse school environments. With their resource 'Building Connections with INTENT' as a guide, they will share a new approach to family programming that pushes us towards authentic relationship building. Participants will leave with an opportunity to think about how this workshop has a direct impact on their

on their practice and will consider next steps in continuing to build their vibrant school communities.



Mary Willcox Smith
Author, Speaker, Parent Coach
Micro-Moments in Parenting: Cultivating Resilience and
Connection One Step at a Time

Mary Willcox Smith offers a compelling look into the heart of parenting through the lens of her MicroStep Method™. Mary's personal story underscores the profound impact of our past on our parenting styles and highlights the power of childhood brain science, self-awareness, and healing in fostering a nurturing family environment. Through practical examples, engaging storytelling, and a sense of humor, Mary demonstrates how intentional engagement in the seemingly insignificant moments of daily life can forge a bond to support children's emotional growth. Attendees will gain insights into guiding parents to harness the potential of these micro-moments, enabling them to cultivate an atmosphere of empathy and resilience within their families, where daily challenges are transformed into opportunities for growth and connection.

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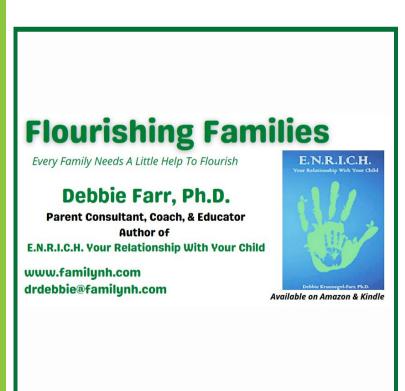
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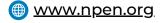
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NPEN'S EQUITY AND JUSTICE STATEMENT

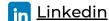
The National Parenting Education Network (NPEN) operates through the lens of equity and justice. We know the importance of social justice (racial, economic, educational, health, housing, employment, criminal, and environmental), diversity, equity, inclusion, access, and belonging within the parenting education field and our organization. We demonstrate our commitment to these realities by ensuring that our membership and leadership roles are open to parenting professionals of all ethnicities, socioeconomic statuses, ages, abilities, religions, sexual orientations, nationalities, genders, and marital statuses.

Children learn about a just society through the words and actions of their parents, caregivers, and others. We assert that our anti-racism and anti-oppression parenting education and family advocacy work allows everyone to be heard and supported. Our work includes promoting diverse parenting educators and parenting education in our media, webinars, member communications, leadership opportunities, networking, conferences, trainings, and advocacy. By keeping racial justice, diversity, equity, inclusion, access, and belonging at the forefront, we create an environment within NPEN that supports parenting educators, parents, and caregivers, thereby, encouraging children's healthy growth and development.











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