

4th Annual Arkansas Conference for Parent Educators

Reflections

Directions 

Pre-Conference Institute

■ Monday, April 8, 2002

Conference for Parent Educators

■ Tuesday, April 9, 2002

■ Wednesday, April 10, 2002

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DoubleTree Hotel & Robinson Center

424 West Markham
Little Rock, Arkansas 72201

Registration Deadline:

March 22, 2002



Presented by
Arkansas Parenting
Education Network

Concurrent Workshop Session A

■ April 9, 2002

1:45 PM – 2:30 PM ■ 45–Minute Workshops

(A-1) Importance of Non-Typical Parent Involvement

Introductory ■ The School-Based Parent Center

Francine F. Suddath, Parent Educator and Child Development Specialist

Abstract: Research demonstrates that parent involvement is one of the key components in a child's academic success. Yet, not all parents are active participants. Studies show that families at-risk have lower than average involvement levels. The use of non-typical involvement activities can increase involvement levels for these typically hard-to-reach families. Learn to identify these activities and how to utilize them within your program. This session should benefit those who work with at-risk families and those wanting to increase their program's parent involvement.

(A-2) WEB Links for Parent Educators

Intermediate ■ The Parent Educator

Nicholas Long, Ph.D., Professor of Pediatrics, Director, Center for Effective Parenting; Sandi Jordan, Parent Center Coordinator, Lake Hamilton Parent Center

Abstract: The Internet is providing an ever-increasing number of websites that focus on parenting issues. In fact, a recent search for websites using the keyword "parenting" identified over 3 million sites. With so many websites available it is sometimes difficult for parent educators to find the websites most helpful for their needs. The purpose of this workshop will be to discuss some of the better websites for parents and parent educators. These websites will be shown to participants using a computer projector so they can see firsthand the content of the websites and how to navigate them. Participants will be assumed to have a basic understanding of using computers and the Internet. This session will benefit all parent educators who would like more information on some of the better parenting websites.

(A-3) Making 1st Experiences Count

Introductory ■ The Family

Deborah Palarino, MS, Childhood Consultant/Project Coordinator, ASU Childhood Services

Abstract: "Making 1st Experiences Count" workshops have been developed as a no-cost resource for both child-care providers and parents of young children. It consists of a series of three 2-hour classes completed on-site upon request. The sessions focus on recent brain research and various activities and books that support development and encourage parents to take an active role in the development of their child. This session should benefit those who are child-care providers, especially at centers that would like assistance in improving parental involvement.

(A-4) Needs of Adolescent Mothers

Introductory ■ The Parent Educator

Anne Scott Stiles, Ph.D., RN, UAMS College of Nursing; Mindy Morrell, RN, UAMS College of Nursing

Abstract: The difficulty of the task of parenting is exaggerated in adolescents. The purpose of the qualitative study was to identify goals and needs from the perspective of adolescent mothers attending school. A secondary goal was to identify strategies to meet these needs. Focus groups, interviews, observations and a questionnaire were administered. Data was clustered into categories and themes. The results of this study will be used to guide the development of a program for enhancing parenting skills in adolescent parents. This session should benefit those who are interested in learning the trials of parenting from the teen's perspective.

(A-5) Attachment Parenting: More Important Than Ever in a Detached Culture

Intermediate ■ The Family

Lucy Towbin, LCSW, IBCLC, Social Worker and Lactation Consultant, Arkansas Department of Health

Abstract: Attachment parenting includes making a commitment to the baby as a high priority, breastfeeding, responding promptly to the baby's cries and to the child's needs, being open to a variety of sleeping arrangements, keeping the baby with the mother or father during the day and night, and accepting a child's own readiness for independence. Participants will learn three behaviors attachment parenting encourages in parents, and examine our culture and attachment parenting. This session will benefit those interested in learning about this parenting style.

Concurrent Workshop Session AB

■ April 9, 2002

1:45 PM – 3:30 PM ■ 90 – Minute Workshops

(AB-1) Sex Education Begins at Birth... A Developmental Approach

Introductory/Intermediate ■ The Parent Educator

Mary Belle Tuten, Assistant Professor of Child Life and Family Studies, Louisiana Tech University

Abstract: This session explores sex education from birth through late adolescence. The presenter will discuss the importance of sex education and provide examples for incorporating it into the daily lives of families. Emphasis will be placed on answering children's questions in a positive, straightforward, age-appropriate manner. Participants will receive a bibliography of suggested books to read with children. This session should benefit those interested in helping parents prepare to handle difficult topics.

(AB-2) Discipline: The Good – The Bad – The Ugly

Intermediate ■ The Parent Educator

Ida Collier, BA, Parent Educator, Center for Effective Parenting

er drug paraphernalia, and basic information concerning dangers inherent in Rave culture, law enforcement measures, and parental experiences with this issue.

(PD-5) Adventure Parenting: Thrills and Chills of Parenting a Child with a Disability

Facilitators: Lynn Donald, Program Manager, AR Support Network; Irene Clark, Family Service Coordinator, AR Support Network

Panelists: TBA

Abstract: This presentation will feature a panel of parents who will discuss their experiences raising a child with a disability. The panel will be comprised of parents representing children of different ages and types of disabilities. The focus will be on what has been learned from the parenting experience, including the coping skills and gifts parents have discovered or developed as they and their children grow.

(PD-6) Equal Partners: The Importance of Fathers

Facilitator: Steven Dennis, Ph.D., Extension Family Life Specialist, UA Cooperative Extension Service

Panelists: Rodney Farley, Parent Activities Coordinator, Children’s Medical Services; others TBA

Abstract: Fathers play an important role in children’s lives. Statistics show that children who have positive relationships with their fathers have higher achievement, motivation, cognitive competence, and better social skills. This discussion will focus on getting fathers more involved and help them share their problem solving skills with other fathers and professionals. Great for parent educators who work with fathers.

(PD-7) Grandparents Raising Grandchildren

Facilitator: Dee Ann Newell, Program Manager of Pulaski Kinship Care Pilot Programs, Centers for Youth and Families/The Parent Center

Panelists: Representative Jan Judy; Representative Tracy Steele; Shirlee Flanigan-Isbel, MSW, Program Manager for Community Support Services, DHS/Division of Children and Family Services; Brenda Olive and Helen Trueblood, grandparents

Abstract: This panel discussion will focus on the social, legal, and family issues of grandparent-led households. It will focus on acquainting both caregivers and other professionals with needed services for these families and the initiatives that are being developed to have greater advocacy for them, as well as new legislation.

(PD-8) Co-Parenting: Getting Along in Blended Families

Facilitator: William Bailey, Ph.D., Associate Professor of Human Development and Family Sciences, School of Human Environmental Sciences, University of Arkansas

Panelists: TBA

Abstract: This panel will discuss the complex issues associated with parenting in step-families and co-parenting between divorced parents. The individuals on the panel will have both knowledge about these issues either from a research or a personal perspective, while some will have both. The focus of the presentations will be on how to maintain or develop a constructive environment for the children as well as the adults in these co-parenting situations. Some of the speakers will speak on how to develop a strong parenting coalition among step-families.



Workshop Sampler (Times and dates of workshops are subject to change)

Workshop Categories

- The School-Based Parent Center
- The Program Director
- The Parent Educator
- The Family

<p>Workshop Session A 45-minute format ■ 1:45 pm - 2:30 pm</p> <p>(A-1) Importance of Non-Typical Parent Involvement ■ Francine Suddath</p> <p>(A-2) WEB Links for Parent Educators ■ Nicholas Long and Sandi Jordan</p> <p>(A-3) Making First Experiences Count ■ Deborah Palarino</p> <p>(A-4) Needs of Adolescent Mothers ■ Anne Stiles and Mindy Morrell</p> <p>(A-5) Attachment Parenting – More important Than Ever in a Detached Culture ■ Lucy Towbin</p>	<p>Workshop Session B 45-minute format ■ 2:45 pm - 3:30 pm</p> <p>(B-1) A Cross-Cultural Perspective ■ Dixie and Darrell Crase</p> <p>(B-2) WEB Links for Parent Educators ■ Nicholas Long and Sandi Jordan</p> <p>(B-3) Making First Experiences Count ■ Deborah Palarino</p> <p>(B-4) Child Safety Seats and Arkansas Law ■ Betsey Mowrey</p> <p>(B-5) What About Parenting the Child with Special Medical Needs? ■ Kathy May</p>
<p>Workshop Session AB 90-minute format ■ 1:45 pm - 3:30 pm</p> <p>(AB-1) Sex Education Begins at Birth...A Developmental Approach ■ Mary Belle Tuten</p> <p>(AB-2) Discipline: The Good – The Bad – The Ugly ■ Ida Collier</p> <p>(AB-3) Making the Connection Between Communities, Schools, and the Children They Serve ■ Ann Camps</p> <p>(AB-4) It’s a Teen Thing ■ Dee Austin</p> <p>(AB-5) New Discoveries in Marriage ■ Wally Goddard</p>	

(PC-6) Parenting the Strong-Willed Child (Updated) Curriculum Training

Nicholas Long, Ph.D., Professor of Pediatrics and Director, Center for Effective Parenting

Abstract: This seminar will provide an overview of a 6-week parenting class curriculum based on the updated book *Parenting the Strong-Willed Child* (2002; Rex Forehand & Nicholas Long). The approach used in the program is based on extensive research and clinical experiences over the past 25 years. Numerous research studies have found the skills presented in the curriculum to be very effective when working with families individually. The curriculum takes these skills and presents them within a parenting class format (six 2-hour classes). The program is designed for parents of children 2-6 years old who are strong-willed and don't mind very well. Participants will learn about the various strategies taught within the program and will be provided with a copy of the curriculum.

Biographical Sketch: Dr. Long is Director of the Center for Effective Parenting. He is also Director of Pediatric Psychology and a Professor of Pediatrics at the University of Arkansas for Medical Sciences and Arkansas Children's Hospital. Dr. Long's primary interests as an educator, clinician, and researcher involve the area of parenting. Dr. Long has developed a number of different parenting programs and materials for parents. He is also an active researcher with over 50 professional publications. His books include *Parenting the Strong Willed Child* and *Making Divorce Easier on Your Child* both published by Contemporary Books/McGraw-Hill. He is also co-editor of a soon to be published international textbook for professionals on parenting (SAGE, London). Dr. Long is an active public speaker who has made over 300 presentations to public groups at the state, national, and international levels.

(PC-7) Introducing and Developing the 40 Developmental Assets: A Guide for Parents

Steven Dennis, Ph.D., Extension Family Life Specialist, UA Cooperative Extension Service

Abstract: This interactive workshop introduces the Search Institute's framework of 40 developmental assets for children and youth. Having these assets helps young people successfully make the choices and meet the challenges that are common to the human experience during the first two decades of life. Building assets in children and youth is a community-wide effort that requires everyone's help. This workshop provides concrete ideas for incorporating an asset-building philosophy into our programs, our daily interactions, and our personal and professional lives. Participants will receive asset-building resources specific to the needs of parents and parent educators. Every young person needs assets AND every adult can help build them.

Biographical Sketch: Steven Dennis, Ph.D., is currently an Extension Family Life Specialist for the University of Arkansas Cooperative Extension Service, and a part of the Raising Arkansas Youth (RAY) asset-building initiative. Dr. Dennis received his doctorate in Family and Human Development from Utah State University. He has worked on many curriculum development projects and outreach efforts including Project S.P.I.E.S. (Strategies for Preschool Instruction in Everyday Settings), The Best Care, Parenting for Prevention, Family Life Windows, Balance Work and Family and the Parent Newsletter. Before joining the Extension Service, Dr. Dennis taught at the UA Fayetteville campus.

Panel Discussions

■ April 9, 2002

10:45 AM – 12:15 PM

(PD-1) A Dialogue with Bob Brooks

Facilitator: Robert Brooks, Ph.D.

Abstract: During this more informal workshop, Dr. Brooks will respond to questions and comments prompted by his keynote presentation, as well as expand on particular issues related to resiliency and hope.

(PD-2) Attention Deficit Hyperactivity Disorder: An Interdisciplinary Panel Discussion

Facilitator: Mark Edwards, Ph.D., Associate Professor of Pediatrics, University of Arkansas for Medical Sciences

Panelists: Eldon Schulz, M.D., Developmental Pediatrician, University of Arkansas for Medical Sciences; others TBA

Abstract: The purpose of this panel is to discuss current issues in the assessment and management of ADHD from a variety of perspectives. Each member of the panel will provide a brief presentation of the current issues in ADHD from the perspective of their discipline. In addition, the audience will have the opportunity to ask questions of the panelists.

(PD-3) Creative Outreach

Facilitator: Suzann Hernandez, Outreach & Project Specialist, Center for Effective Parenting

Panelists: Nicholas Long, Ph.D., Professor of Pediatrics and Director, Center for Effective Parenting; Ida Collier, Parent Educator, Center for Effective Parenting; Sandi Jordan, Parent Center Coordinator, Lake Hamilton Parent Center; others TBA

Abstract: This panel discussion will focus on the use of creative outreach approaches in the area of parent education/involvement. Panelists will discuss outreach approaches they are using to reach parents, with a special focus on working through schools. After the panel members have discussed their experiences, audience members will be asked to participate in an informal discussion by sharing other outreach services they provide or are familiar with.

(PD-4) From RAVES to Rape

Facilitator: Melody Smit, MA, Program Director, Arkansas for Drug Free Youth

Panelists: Kathleen Courtney, Program Director, Arkansas State Department of Education, Office of Comprehensive School Health; Lt. Mark Medlock, Drug Demand Reduction Administrator, Arkansas State National Guard; others TBA

Abstract: Information and panel discussion concerning the latest fad within adolescent populations: Raves and designer drugs. The panel will outline tips for parents in identifying behavioral markers for adolescent drug use, design-

Pre-Conference Institute

■ April 8, 2002

1:00 PM – 4:30 PM

(PC-1) Grant Writing: The Basics

Jim Smith, MA, Region One Prevention Resource Center

Abstract: This seminar will explore how to find available grant funding and how to match your idea with the appropriate funding source. We will examine the differences between various avenues of funding including foundation funding and public funding streams. Additionally, the workshop will review common pitfalls in grant writing and appropriate responses for the various parts of a grant application. Lastly, this workshop will review how to get started once you've been lucky enough to get funded!

Biographical Sketch: Jim Smith is a certified Prevention Consultant with an MA in Human Behavior. He operates the Region One Prevention Resource Center (PRC) in Northwest Arkansas. Technical assistance to human service providers across Arkansas in grant writing is one of the services provided by the Region One PRC. Mr. Smith has written or co-written more than 100 grants with over a 70% success rate including three Drug Free Communities grants. These grants have generated more than 30 million dollars in revenues for nonprofits in Arkansas.

(PC-2) Bully Proofing the Playground

Hayse "Q" Miller, BSE, Certified Prevention Consultant, Coordinator of Prevention Resource Center, Family Service Agency; Kimberly N. Cross, BS Ed Health, Prevention Resource Center, Family Service Agency

Abstract: This workshop is designed to teach participants how to understand those factors that put youth at risk for anti-social behavior, explore how family interaction affects issues in bullying, identify what is aggression and review effective bully prevention programs. This session should particularly benefit those who are teachers, parent educators and childcare workers in need of methods and ideas that impact children and youth.

Biographical Sketch: Hayse "Q" Miller, BSE, Certified Prevention Consultant and Kimberly N. Cross, BS Ed Health, both work for the Family Service Agency in the Prevention Resource Center. Hayse has 17 years of experience in youth empowerment, school crisis management, community mobilization, and drug and violence prevention programming. Kimberly N. Cross is experienced in community health, drug education, and program activity coordination.

(PC-3) Guiding Children through Positive Discipline

Mary Belle Tuten, Assistant Professor of Child Life and Family Studies, Louisiana Tech University

Abstract: This session will explore the rationale for Positive Discipline within the family. A variety of Positive Discipline techniques will be discussed and modeled. This presentation will help parents develop the skills needed for guiding children. Parents will learn to act – not react – to their children's poor choices. This session should particularly benefit those who wish to minimize frustration encountered in guiding children on a day to day basis within the family.

Biographical Sketch: Mary Belle Tuten has extensive experience teaching parenting to a variety of audiences. She is an Assistant Professor of Child Life and Family Studies at Louisiana Tech University. She is recognized for her interesting and informative presentation style. In 1994, she received the Outstanding Undergraduate Teaching Award at Louisiana Tech University and the Louisiana Professor of the Year Award by the Carnegie Foundation.

(PC-4) The Master (Trainer, Facilitator, Learner, Instructor)

Ida A. Collier, National Trainer of Instructors/Parent Educator, Center for Effective Parenting

Abstract: The Master will want to attend this workshop to be able to design and implement efficient and effective presentations. This workshop will detail how theory meets application in successful learning environments. The Master has the responsibility to deliver the content and create a comfortable environment. The Master will teach new skills, deliver knowledge and positively influence the attitude of participants. This workshop will benefit those who are actively involved in delivering any type of training.

Biographical Sketch: Ida Collier, BA, is the Parent Educator for the Center for Effective Parenting (Little Rock). She is a certified parent educator in the Effective Black Parenting, STEP, Active Parenting, The Nurturing Program, Raising a Thinking Child, and PAT (Parents as Teachers) programs. The organizations she has worked with include school districts, churches, welfare to work programs, substance abuse programs, and child development centers. She has presented at local, state, and national conferences dealing with parenting involvement in education. Additionally, Ida is a National Trainer of Instructors for Effective Black Parenting and Confident Parenting.

(PC-5) Reclaiming Parenthood

Brian Camp, Ph.D., Associate Professor and Director of the Center for Children and Families, Louisiana Tech University, School of Human Ecology

Abstract: There is a general tendency in American culture to abdicate the responsibilities that are inherent to being an effective parent. This workshop highlights the various areas wherein well-intentioned parents have given away the duties associated with parenting. This session will focus on identification of lost parenting opportunities and highlight strategies for reclaiming the responsibilities of parenthood. This session should be particularly beneficial for professionals or nonprofessionals who feel an undefined discomfort with current parenting practices.

Biographical Sketch: Dr. Brian Camp is an Associate Professor of Family Science at Louisiana Tech University and Director of the Center for Children and Families. He currently holds the Huckaby Endowed Professorship. His academic background includes a Ph.D. from Texas Tech University in Family Science; a masters degree from Kansas State University in Marriage and Family Therapy; and an undergraduate degree from Oklahoma State University in family relations and child development. Dr. Camp's teaching expertise focuses on a variety of family topics but has included a total of 16 different courses while teaching at Louisiana Tech University. He was recognized as the outstanding teacher of upper-level courses in the College of Applied and Natural Sciences in 1999. Dr. Camp continues to provide therapy and educational workshops for marital and parenting issues through his private business "Revelation Family Ministries".

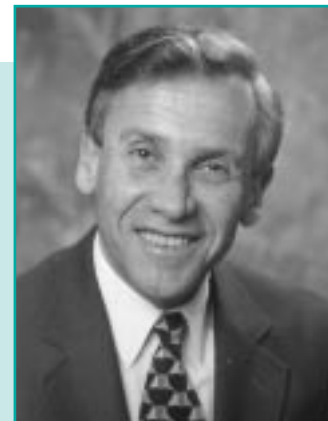
Keynote Addresses

Tuesday, April 9, 2002 ■ 9:00 AM - 10:15 AM

“Raising Resilient Children” ■ **Robert Brooks, Ph.D.**

Dr. Robert Brooks has lectured nationally and internationally to audiences of parents, educators, mental health professionals, and business people on topics pertaining to motivation, resilience, self-esteem, family relationships, the qualities of effective leaders and executives, and balancing our personal and professional lives. He is on the faculty of Harvard Medical School and has served as Director of the Department of Psychology at McLean Hospital, a private psychiatric hospital. Dr. Brooks has a part-time private practice in which he sees children, adolescents, adults, and families and has appeared regularly on television shows in the Boston area as well as on national cable television. He completed a videotape and educational guide for PBS titled *“Look What You’ve Done! Stories of Hope and Resilience”* that focuses on self-esteem and resilience in children with special needs and participated in the production of two videotapes by Sunburst Communications, one about parenting children with learning and attention problems and the other about developing responsibility in children.

Dr. Brooks received a Gubernatorial Award for Distinguished Public Service for his work with the Governor’s Alliance Against Drugs. As part of his contribution to the Alliance, he co-authored a pamphlet for parents about talking with children and adolescents about drugs. Dr. Brooks also received “Hall of Fame” awards from both CH.A.D.D. (Children and Adults with Attention Deficit Disorders) and the Connecticut Association for Children with Learning Disabilities for his work with special needs children and adolescents, a Special Recognition and Media Award from the Massachusetts Psychological Association, and the “Friends of Families Award” from the Family Place for his work on behalf of children and families. In addition, Dr. Brooks has served as a consultant to Sesame Street Parents Magazine. Dr. Brooks received his doctorate in clinical psychology from Clark University and did additional training at the University of Colorado Medical School. He has co-authored a book titled *A Pediatric Approach to Learning Disorders* (Wiley), and published a number of articles and book chapters related to self-esteem, education, resilience, and psychotherapy. Dr. Brooks has also written a sex education book for the young child called *So That’s How I Was Born!* published by Simon & Schuster. In addition, Dr. Brooks is the author of a book titled *The Self-Esteem Teacher* published by Treehaus Communications. He has recently co-authored a book *Raising Resilient Children* as well as created a documentary and a parent education manual and videotape on the theme of resilience.



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Wednesday, April 10, 2002 ■ 9:00 AM - 10:15 AM

“Helping Parents Express Anger Without Insult: Discipline Without Punishment” ■ **Nancy Samalin, M.S.**

Nancy Samalin, best-selling author and a pioneer in the field of parent education, has worked with parents, educators and health care professionals throughout the U.S. and abroad since 1976. She has been giving speeches and offering introductory and advanced workshops for parents of toddlers through teens for more than two decades. She founded Parent Guidance Workshops® in New York City and received her Master’s Degree in counseling from Bank Street College of Education.

Nancy’s many years of working with parents became the inspiration for her three highly acclaimed books, *Loving Your Child is Not Enough: Positive Discipline that Works*. (Penguin); *Love & Anger - The Parental Dilemma* (Penguin) - Chosen by CHILD magazine as The Best Parenting Book of 1991; and *Loving Each One Best: A Caring and Practical Approach to Raising Siblings*. (Bantam) - a Book-of-the-Month Club selection. Her books have been translated into Spanish, French, German, Portuguese, Chinese, and Japanese. Acknowledged as one of the most influential and widely respected parenting authorities in the field, Nancy is in great demand as a speaker and by the media, both nationally and internationally. She is a frequent guest on national TV and radio, and has appeared on Dateline/NBC, 20/20, The Today Show, Good Morning America, CBS This Morning, CNN and many others. Last year, Nancy was chosen by the Bank Street College Alumni Association to receive the Recognition Award for Outstanding Accomplishments in the Field of Education.



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Wednesday, April 10, 2002 ■ 1:00 PM - 2:00 PM

“Growing Up in the Trenches” ■ **Stephen DeMasco**

Growing up in the trenches of abuse and violence, **Stephen DeMasco** was able to turn tragic childhood circumstances into tools that effectively challenge children and youth to deal with hardship and still reach their full potential. Mr. DeMasco is the holder of a 10th-degree black belt in Shaolin Kempo; president of United Studios of Self-Defense, East Coast; founder of the Kids for Life Foundation; and winner of the FBI Director’s Community Leadership Award and the ‘Heroes Among Us’ Award from the Boston Celtics. Invited by Colin Powell to participate in the ‘America’s Promise’ campaign and recognized by President Clinton and the Anti-Crime Youth Council of the U.S. Congress, Mr. DeMasco is one whose voice carries knowledge and authenticity. As a master teacher, he offers heartfelt stories, courageous advice, and effective tools to children, parents, service providers, schools, and communities.



4th Annual Arkansas Conference for Parent Educators



Conference Mission

To enhance the skills and knowledge base of parenting educators and to promote networking among individuals and programs involved in parenting education throughout the State of Arkansas.

Conference Sponsors

■ Visionary Sponsors

Center for Effective Parenting
Arkansas State Child Abuse and Neglect Prevention Board

■ Co-Sponsor

Arkansas Department of Education

■ Contributors

Arkansas Association of Family and Consumer Sciences
Arkansas Head Start State Collaboration Project
Centers for Youth and Families - The Parent Center
University of Arkansas Cooperative Extension Service

Conference Planning Committee

■ Conference Chairs

Nicholas Long, Ph.D., Center for Effective Parenting
Sherri Jo McLemore, Arkansas Child Abuse Prevention

■ Logistics Coordinator

Pam Kahler, Center for Effective Parenting

■ Program Coordinator

Tammy Gray, Arkansas Child Abuse Prevention

■ CEU Coordinator

Beth Wilson, Ph.D., Harding University

■ Book Store Coordinator

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■ Committee Members

Dee Austin, ED.S. Center for Effective Parenting, Springdale
Linda Bateman, SCAN
Ida Collier, Center for Effective Parenting, Little Rock
Elaine Davis, ARESC Parents As Teachers
Steven Dennis, Ph.D., UA Cooperative Extension Service
Mark Edwards, Ph.D., Center for Effective Parenting, Little Rock
Jennifer Faddis, MS, Florence Crittenton Services, Inc.
Wally Goddard, Ph.D., UA Cooperative Extension Service
Suzann Hernandez, Center for Effective Parenting, Springdale
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Linda Morgan, Arkansas State HIPPI Program
Jacque Richardson, Arkansas State HIPPI Program
Carolene Thornton, Center for Effective Parenting, Springdale
Susan Underwood, Arkansas Department of Education
Brazierdene Watts, Arkansas Department of Education

Conference at a Glance

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■ **Monday, April 8, 2002**

Pre-Conference Institute Half Day Seminars 1:00 PM-4:30 PM

Grant Writing: The Basics – Jim Smith, MA
Bully Proofing the Playground – Hayse “Q” Miller, BSE, Kimberly N. Cross, BS Ed Health
Guiding Children Through Positive Discipline – Mary Belle Tuten, MA
The Master – Ida Collier, BA
Reclaiming Parenthood – Brian Camp, Ph.D.
Parenting the Strong-Willed Child – Nicholas Long, Ph.D.
Introducing and Developing the 40 Developmental Assets: A Guide for Parents – Steven Dennis, Ph.D.

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■ **Tuesday, April 9, 2002**

8:00 AM - 9:00 AM	Registration/ Continental Breakfast
9:00 AM - 10:15 AM	General Session/ Keynote Presentation – Dr. Robert Brooks
10:15 AM - 10:45 AM	Mid-Morning Break (Book Signing/Exhibit Viewing/Refreshments)
10:45 AM - 12:15 PM	Panel Discussions
12:15 PM - 1:45 PM	Networking Luncheon
1:45 PM - 2:30 PM	Concurrent Workshop Session A or AB
2:30 PM - 2:45 PM	Afternoon Break
2:45 PM - 3:30 PM	Concurrent Workshop Session B
3:30 PM - 5:00 PM	Social

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■ **Wednesday, April 10, 2002**

8:00 AM - 9:00 AM	Registration/ Continental Breakfast
9:00 AM - 10:15 AM	General Session/ Keynote Presentation – Nancy Samalin, M.S.
10:15 AM - 10:45 AM	Mid-Morning Break (Book Signing/Exhibit Viewing/Refreshments)
10:45 AM - 12:15 PM	Concurrent Workshop Session C
12:15 PM - 2:00 PM	Luncheon/Closing Keynote Presentation – Stephen DeMasco
2:00 PM - 2:30 PM	Closing Remarks/ Door Prizes

Concurrent Workshop Session B

■ April 9, 2002

2:45 PM – 3:30 PM ■ 45-Minute Workshops

Abstract: This workshop will focus on the process of discipline. The process begins with positive discipline principles followed by corrective consequences and learning to avoid the energy-sapping and over-the-top techniques that are prevalent in today's society. The process will assist parent educators in pulling from their experiences and resources to present this concept with ease and skill to help parents learn these techniques. Parents will be able to understand how these techniques are inter-connected. This session will particularly benefit parent educators who teach discipline skills.

(AB-3) Making the Connection Between Communities, Schools, and the Children They Serve

Introductory ■ The School-Based Parent Center

Ann Camps, Executive Director, Communities in Schools in Arkansas

Abstract: This session will focus on introducing participants to "Communities in Schools" (CIS) and the value of connecting children to the resources they need to stay in school, successfully learn, and prepare for life. CIS is a national non-profit organization that secures community resources for children at the school site and coordinates those services in an effective and efficient manner. This session will benefit school counselors, social workers, teachers and parent educators.

(AB-4) It's a Teen Thing

All Levels ■ The Parent Educator

Dee Austin, LD.S., LPC, Parent Educator, Center for Effective Parenting

Abstract: In this session, new information and materials will be presented on the "Big 3" vital issues facing teenagers and their parents: DRUGS, SEX and VIOLENCE. Much of the information presented has been researched by Mrs. Austin and is the most current up-to-date material available. The presentation will include dissemination of information, videos, and group discussion. Each participant will receive an attractive workbook of materials that can be easily utilized and duplicated for future use. This session should benefit those who work with teenagers and their parents.

(AB-5) New Discoveries in Marriage

Introductory ■ The Family

H. Wallace Goddard, Ph.D., C.F.L.E., UA Cooperative Extension Service

Abstract: Much modern thinking about marriage has been undone by recent discoveries. Several popular ideas have been shown to be myths: "The most important thing in a happy marriage is good communication." "Never go to bed mad." "Active listening is essential to a good marriage." "If you're not happy, you should get out of your marriage." It turns out that the tasks and outcomes of a good partner relationship are very different from what has been recommended in past decades. This session will summarize some of the amazing discoveries in marriage and show how to apply them in order to strengthen relationships. This session will benefit those who provide family support or who are interested in helping people strengthen relationships.

(B-1) A Cross-Cultural Perspective Intermediate ■ The Parent Educator

Dixie R. Crase, Ph.D., University of Memphis; Darrell Crase, Ph.D., University of Memphis

Abstract: This workshop will review positive discipline from a cross-cultural perspective. Responses to a survey made up of items related to parental discipline of young children will be analyzed. Responses of parents of preschool children in Memphis, Tennessee will be compared with results of similar surveys conducted among parents of young children in Japan and Korea. Implications for parent educators and other professionals will be discussed with conferees. This session should particularly benefit those who relate to diverse young children and their families.

(B-2) WEB Links for Parent Educators

Repeat Workshop ■ See Description (A-2)

(B-3) Making 1st Experiences Count

Repeat Workshop ■ See Description (A-3)

(B-4) Child Safety Seats and Arkansas Law

Introductory ■ The Family

Betsey Mowery, certified Child Passenger Safety Technician and Instructor, UAMS

Abstract: This workshop will be an overview of how to transport children safely in vehicles. Discussion will include child safety seats that are appropriate for different ages and stages, as well as information about Arkansas' new Child Passenger Protection law, and resources for information in Arkansas and on the Internet. This session should particularly benefit those who work with teen parents and families with young children.

(B-5) What About Parenting the Child with Special Medical Needs?

Introductory/Intermediate ■ The Family

Kathy May, LMSW, Social Worker, KIDS FIRST, UAMS Department of Pediatrics

Abstract: Discussion of the psychological trauma the parent of a child with special medical needs and disabilities experiences, as well as practical suggestions of ways parents can be taught to advocate for their child and for themselves, will be presented. Handouts addressed to the parent educator, and for use with parents, will be provided. This session should particularly benefit those persons who are working with parents of children with special medical needs.

Exhibit & Networking Reception

Join us immediately following the afternoon workshops on April 9 for a networking reception and hors d'oeuvres in the Networking Salon/Exhibit Hall. Meet the exhibitors, visit the bookstore, catch up with your colleagues and make new connections. Spend time learning about the exhibiting organizations in a relaxed atmosphere and discover how other programs are making a difference in communities across Arkansas.

Kinship Care Mini-Conference

April 10, 2002, 2:30 PM – 5:00 PM

A mini-conference concerning the state of kinship care (relatives caring for other relative's children) will be held immediately following the closing keynote address. The mission will be to better define the needs of Arkansas' kinship families and to organize a statewide Kinship Care Association to inform the public, advocate for these families, and initiate appropriate services to serve the children of these families and the caregivers. A paper for the 2003 legislature on the state of kinship care will be produced as well.

General Conference Information

Fees & Registration

Pre Conference Institute

■ April 8, 2002

The registration fee for the Pre-Conference Institute is \$25.00 for the half-day. Refreshments and all workshop materials are included with your registration fee. Space is limited on all pre-conference seminars.

Parenting Educator's Conference

■ April 9 -10, 2002

The Conference Registration Fee is \$60.00. Due to the generous underwriting of our sponsors, the registration fee includes continental breakfast, lunch, and refreshments on both days and all conference materials, (a total value of \$200.00). Space is limited, so register early.

Registration Deadline

■ March 22, 2002

A late registration fee of \$10.00 will be assessed for all registrations received after March 22, 2002. There will be no on-site registration.

Cancellations

All cancellation requests must be made in writing. Phone cancellations will not be accepted. Substitutions for registered attendees may be made without penalty. Cancellations postmarked on or before March 22, 2002 are subject to a \$10.00 processing fee. There will be no refunds for cancellations postmarked after March 22, 2002. All refunds will be issued after the conference.

Continuing Education Units

Continuing Education Units (CEU) will be available through Harding University, Searcy, Arkansas for a fee of

\$8.00. CEU Certificates will be mailed following the conference. A certificate of attendance will be given at the conference to all attendees.

Exhibitors

Exhibits will be housed in the Networking Salon/Exhibit Hall during April 9-10, 2002. Exhibit booths are available for \$50. However, a limited number of exhibit booths are available at a reduced rate of \$25 for non-profit organizations. For more information, call Pam Kahler at 501-320-7580 no later than March 22, 2002.

Book Store

In cooperation with Hastings, a bookstore will be set up in the Networking Salon/Exhibit Hall with parenting education books on display and for purchase throughout the conference. Purchases can be made by check or cash.

Hotel Accommodations

The host hotel is the DoubleTree Hotel, 424 West Markham, Little Rock, Arkansas; 501-372-4371

DoubleTree Guestroom Rates

Single:	\$82.00	Triple:	\$92.00
Double:	\$82.00	Quadruple:	\$102.00

The Hotel's check-in time is 3:00 PM, and the check-out time is 11:00 AM. Early check-in is based on a space available basis and will not be guaranteed. Individuals staying in their rooms beyond check-out time will be billed.

All individual reservations must be made by March 15, 2002 to receive conference rates. Requests made after this date are subject to availability. Individuals are responsible for room reservations, payment of room, tax, and incidentals. Reservations can be made by calling the Central Reservations System, 1-800-222-TREE. Reference the Arkansas Parenting Education Network or APEN for special room rates.

The DoubleTree Little Rock accepts VISA, MasterCard, American Express, Diner's Club, Carte Blanche, and Discover.

Parking

Parking is free for all registered (overnight) guests of the DoubleTree. A public parking garage is located beneath the DoubleTree at the cost of \$7.50 for all day parking. Parking spaces are limited, please allow yourself plenty of time to locate a parking space.

Conference Attire

Please dress comfortably for the conference. Keep in mind that conference rooms tend to be cool, so remember to bring a sweater or light jacket with you.

Special Accommodations

If you are disabled and require special accommodations, please contact Pam Kahler at 501-320-7580 prior to March 22, 2002.

Questions

Please contact these individuals if you have questions.

Registration: Tammy Gray.....501-374-9003

All Other Issues: Pam Kahler.....501-320-7580



REGISTRATION FORM

**4th Annual Arkansas Conference for Parent Educators:
Reflections & Directions
April 8 - 10, 2002
DoubleTree Hotel & Robinson Center, Little Rock**

IMPORTANT!

Check here if you are a public school employee

Pre-Conference Institute

Monday, April 8, 2002

Conference for Parent Educators

Tuesday, April 9, 2002 ■ Wednesday, April 10, 2002

Please submit a separate registration form for each person. Feel free to duplicate this form for colleagues.

Name, Title _____

Agency or School District _____

Address _____

City _____ State _____ Zip _____

Day Phone: _____ Evening Phone: _____

Fax: _____ Email: _____

Parenting Educators Conference **\$60.00**

I plan to attend: Tuesday, April 9, 2002 Wednesday, April 10, 2002

Pre-Conference Institute - April 8, 2002 (Check one) **\$25.00**

- Grant Writing Bully Proofing the Playground Guiding Children through Positive Discipline
- The Master Reclaiming Parenthood Parenting the Strong-Willed Child Search Institute (40 Assets)

Continuing Education Units (optional) **\$8.00**

Late registration fee (after March 22, 2002) **\$10.00**

Total Due **\$ _____**

- I prefer Vegetarian Meals
- I am disabled and need special accommodations

Social: I plan to attend the Social. I do not plan to attend the social.

Workshop Sessions: Please identify the workshops you are most interested in attending. *

- Panel Discussion # _____
- Concurrent Session A # _____ Concurrent Session B # _____
- OR Concurrent Session AB # _____

Concurrent Session C # _____

*(This information is being collected for room scheduling purposes only. Seating for individual workshops will be based on availability - arrive early.)

Make Checks Payable to: Arkansas Conference for Parent Educators
Purchase Order # _____ is enclosed. (Purchase order or check must accompany registration.)

Mail Registration to:
Arkansas Conference for Parent Educators
2915 Kavanaugh Blvd. PMB 416 • Little Rock, AR 72205

Refund Policy:
All cancellation requests must be made in writing. Phone cancellations will not be accepted. Substitutions for registered attendees may be made without penalty. Cancellations postmarked on or before March 22, 2002 are subject to a \$10.00 processing fee. There will be no refunds for cancellations postmarked after March 22, 2002. All refunds will be issued after the conference.

Concurrent Workshop Session C

■ April 10, 2002

10:45 AM – 12:15 PM ■ 90-Minute Workshops

(C-1) Assist and Adjust, It's A Must!

Intermediate ■ The School-Based Parent Center

Delores Richardson, Title I – Parent Coordinator, Fort Smith Public Schools; Emma Lee, Parent Educator, Supervisor, Fort Smith Public Schools

Abstract: Various issues face all families, which eventually strengthen or divide the family unit. There are no sure cures for any particular family, but we can communicate and apply strategies to help cope with everyday uproars in our lives. Participants will learn to utilize methods, techniques or suggestions that can help build cohesiveness within the family. This session should benefit those who are parents, parent educators, or others working with the family unit.

(C-2) Nurturing Young Parents

Intermediate ■ The Parent Educator

Estella Johnson, Program Replication Manager, MELD

Abstract: This session should particularly benefit those who are seeking to apply theories of adolescent development to methods of supporting and educating teen parents. Participants will learn about adolescent development and the impact of pregnancy and parenting on development; learn effective techniques for working with teens; and practice fun, hands-on learning activities. MELD works to enhance the capacity of those who parent to raise nurtured, competent children by developing and offering parenting programs, publications and training.

(C-3) Child Abuse: When to Suspect and When to Report

Intermediate ■ The Parent Educator

Karen Young Kelly, MD., Assistant Professor of Pediatrics, UAMS, Arkansas Children's Hospital's Team for Children at Risk

Abstract: Child abuse reporting laws will be reviewed and discussed. The different forms of abuse will be defined, including physical, sexual, and psychological abuse, neglect and Munchausen Syndrome by proxy. Sample cases will be used to illustrate some forms of abuse. There will also be education concerning conditions that can mimic abuse. This session will particularly benefit social workers and other professionals who work with child abuse cases.

(C-4) Increasing Parental Involvement by Learning from Parents

Introductory ■ The School Based Parent Center/ The Program Director

Dr. Shandra Terrell, Assistant Professor of Human Development and Family Studies, University of Arkansas at Pine Bluff; Debra Jefferson, Instructor/Director of the Child Developmental Center, University of Arkansas at Pine Bluff

Abstract: Parents perceive parental involvement differently than schools. There is a need to determine how parents define parental involvement and to find out what their specific concerns are. It is necessary that parents are allowed to voice their views about involvement in their children's schools. This session should particularly benefit those who are con-

cerned about increasing parental involvement, especially of difficult parents, and who wish to learn to listen to parents with caring, attentive ears and hearts.

(C-5) Defusing Divorce: How Parents Can Help Their Children Adjust to Their Divorce

Introductory ■ The Parent Educator

Nicholas Long, Ph.D., Professor of Pediatrics, Director, Center for Effective Parenting

Abstract: Every year, over one million children in the United States experience parental divorce. Understandably, parents want to know how they can best help their children during and following the divorce. The good news is that we are now more knowledgeable, through recent research and clinical studies, regarding what parents can do to minimize the negative effects of divorce on their children. This workshop (based on Dr. Long's most recent book, *Making Divorce Easier on Your Child*) will provide an overview of the effects of divorce on children and discuss various recommendations for parents on how they can best help their children during and following divorce. This is particularly beneficial for parent educators working with recently divorced parents.

(C-6) Parenting for Prevention: Avoiding the Pitfalls for Adolescence

Introductory ■ The Parent Educator

Steven Dennis, Ph.D., Extension Family Life Specialist, UA Cooperative Extension Service

Abstract: This interactive workshop introduces ideas to help parents help their children avoid alcohol and substance abuse, early sexual activity, and negative peer influence. Participants will be introduced to techniques for establishing appropriate boundaries for youth while maintaining a warm and supportive relationship. The R.E.F.U.S.E. model will be introduced as one way parents can help children tactfully, but forcefully, say no to unwanted activities. This session should particularly benefit those parent educators who work with teens, or who work with substance abuse issues.

(C-7) Effectiveness-Based Parent Education

Introductory ■ The Parent Educator

Mark Edwards, Ph.D., Associate Professor of Pediatrics, University of Arkansas for Medical Sciences

Abstract: This presentation will review the federal effort to identify effective family strengthening programs. The rating system for categorizing family strengthening programs will be discussed. Additionally, a method for determining which programs may best meet your community needs will be presented. This session will particularly benefit professionals involved in selecting parent education programs.

(C-8) Three Different Ways of Thinking about Children (and One Big Difference in How Children Turn Out)

Intermediate ■ The Parent Educator

H. Wallace Goddard, Ph.D., C.F.L.E., UA Cooperative Extension Service

Abstract: Behind all our parenting thoughts, feelings, and actions are assumptions about what is normal for parents and children and what is the right way for children to turn out. This session will describe the three ways of seeing human nature that make very big differences in how we raise our children. A way of combining the best ideas from all three views into one effective approach will be provided. This session will particularly benefit those who work with children and want to learn to provide better guidance.

Visionary Sponsors

- Center for Effective Parenting
- Arkansas State Child Abuse & Neglect Prevention Board

Co Sponsor

- Arkansas Department of Education

Contributors

- Arkansas Association of Family and Consumer Sciences
- Arkansas Head Start State Collaboration Project
- Centers for Youth & Families – The Parent Center
- UA Cooperative Extension Service

4th Annual Arkansas Conference for Parent Educators



Reflections & **Directions**



Arkansas Parenting Education Network

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Little Rock, AR 72205

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Little Rock, AR

**Registration Deadline:
March 22, 2002**