

## CREATING THE CONNECTION

### Fostering Authentic Relationships with our Child & Ourselves

#### Keynote address with Trisha Miltimore



Today we live in a culture that PROMOTES busy. As parents, and people, we are under immense pressures to “do it all”. The end-result for too many of us is feeling worn-out, overwhelmed and a bit “lost” in the

confusion. The real crazy part? KIDS FEEL THE SAME WAY.

Let's find CLARITY from the CHAOS, learn from each other and gain valuable tools to help RECONNECT with our AUTHENTIC SELVES. When we flourish as an individual we become a more effective, compassionate & confident parent.

#### This is a day to:

- LEARN practical ideas for creating interpersonal magic with our children
- UNDERSTAND the foundations of RELATIONSHIP MENTORING
- RECOGNIZE how, as adults, we may be feeding the seeds of the past with present parenting practices
- EMBRACE our needs to nurture and be nurtured

## ABOUT TRISHA MILTIMORE

National Speaker, Radio Broadcaster and Mom of three girls, Trisha Miltimore offers down-to-earth style of presenting that connects with parents for a fun and informative experience. Her expertise lies in the truth that EVERYTHING IN LIFE is balanced on the RELATIONSHIP we have with ourselves—including how we parent and nurture our own children. **Resilient and fulfilled parents foster resiliency and positive well being in their children.**

Trisha is featured as a guest writer for magazines such as The Kid Connection, and the National Blog MomCafe. She offers empowering keynotes for schools/PAC groups, Associations and Women in Business.

### UPCOMING MOTHER-DAUGHTER WORKSHOP (age 12+)



## TRISHA MILTIMORE

Compassion, Understanding, Patience— is your relationship **C.U.P** ½ full or ½ empty?

Sunday April 29<sup>th</sup>, 10-2pm (Kelowna)

Log on to [www.contagious.ca](http://www.contagious.ca) for registration details.

## CONFERENCE SCHEDULE

|               |  |
|---------------|--|
| 8:30 – 9:00   | Registration   |
| 9:00 – 9:15   | Opening Remarks & Intro of Keynote   |
| 9:15 – 10:15  | Keynote Address: <b>CREATING THE CONNECTION Fostering Authentic Relationships with our Child &amp; Ourselves</b> with Trisha Miltimore |
| 10:15 – 10:30 | Break  |
| 10:30 – 11:30 | Workshop 1   |
| 11:30 – 11:45 | Break  |
| 11:45 – 12:45 | Workshop 2   |
| 12:45 – 1:00  | Wrap Up & Door Prizes  |

|                          |             |   |            |            |
|--------------------------|-------------|---|------------|------------|
| ↑<br>N                   | Ethel St.   | X | Graham St. | Gordon Dr. |
|                          | Martin Ave. |   |            |            |
| Bernard Ave.             |             |   |            |            |
| Highway 97 / Harvey Ave. |             |   |            |            |

#### Sponsored by

The Okanagan Boys & Girls Clubs,  
The Club House Child Care Centre,  
Kelowna Child Care Society,  
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The Bridge Youth & Family Services,  
Central Okanagan Child Development Association,  
Kiwans Club of Kelowna High Noon,  
Contagious Leadership



# Parenting With Pizzazz



## 9<sup>th</sup> Annual Conference for Parents and Care Providers

**Saturday, March 31, 2012**  
**8:30 am – 1:00 pm**

**Martin Avenue Community Centre**  
**1434 Graham Street**  
**Kelowna, B.C.**  
**250-762-3989 ext: 102**

[www.parentingwithpizzazz.com](http://www.parentingwithpizzazz.com)

## Workshop 1 (10:30 – 11:30)

### 1. RHYTHMIC ART! Experience the joy of world music & culture through Rhythm & Songs! *with Angela Roy (All ages)*

Join award winning, artist-educator Angela Roy on a sound journey and experience world music & culture! Travel the globe through rhythms & song activities! Sing children songs, learn rhythms to the pulse of the drum and play your own hand drum! This is an engaging, interactive and unique program facilitated with a variety of drums for all to enjoy! You'll walk away with some great hands on developmentally appropriate activities to add to your collection as well as feel energized and refreshed!

### 2. Discovering our Teen's Temperament *with Deena Ropp (ages 12-18)*

This workshop will explore the 9 temperament traits and how temperament can impact our parenting. Parents will be provided with experiential activities where they will discover their teen's temperament traits and how this may relate to common parenting challenges, adolescent development, sexuality, risk-taking and potential power struggles and conflicts within families. Parents will be asked to work in small, interactive groups as well as some large group sharing and discussions.

### 3. Parenting With Love: More Joy...Less Stress *with Lisa Heinen (ages 0-6)*

An uplifting, interactive workshop that outlines easy, practical, simple yet profound ways to deal with both behavior management and emotional care! An opportunity to gain a better understanding of positive discipline and how it works best! Create or restore a positive parent-child relationship by "parenting with love" rather than "parenting with stress". Come and gain a refreshing perspective and shift from merely coping to fully enjoying parenting!

### 4. Shopping Smart *with Sue Walters (All ages)*

This workshop is designed to help you reduce the amount you spend on groceries and increase the nutrition you provide for your family. During this workshop you will learn valuable skills such as determining when a sale is a sale and how to build your own Pricebook to help track ever changing grocery prices. You will find out when it is a good time to bulk buy, learn a different method of meal planning and how to feed your family while making healthy choices.

### 5. "Calming the Storm" – How Parents Can Support Children in Developing Emotional Regulation" *with Jody Bekhuys (ages 3-12)*

In this presentation, parents will be provided with a brief overview of how the brain is impacted by emotional challenges and placed in a state of distress. Strategies targeted at

developing self-soothing and emotional regulation will be introduced. There will be an opportunity for questions and answer so that participants can discuss how to implement these strategies with their child/children

### 6. Sexual Health Knowledge = Safety: Become an Askable Adult *with Janice Winkers (ages 0-6)*

An interactive workshop for adults who want to improve their knowledge and skills needed to be approachable, non-judgmental sources of reliable sexual health information for young children. Topics covered include: values, positive self image and how to begin the lifelong conversation. Sexual curiosity is inevitable, and the answers children get should clarify –not confuse- the issues for them.

### 7. Dedicated Dads *with Jeff Hay (All ages)*

Today's Dads are more involved than ever in the lives of their children. This workshop will focus on cool tips and strategies for being an effective "hands on" Dad. Tips on communication, having fun, and being present with your children. Come explore new ideas and simple approaches to build greater connections, self esteem, discipline and encouragement – a workshop that will help you become the dedicated dad you want to be.

## Workshop 2 (11:45 – 12:45)

### 8. POWER and RESPECT- communicating with our teen girls *with Trisha Miltimore (ages 8-18)*

Rolling eyes, incessant whatever's, defiance & disrespect---yes the relationships we have with our teen girls seem to CHANGE overnight. Join Trisha for a candid conversation on WHY this happens and strategies we can employ to help maintain a positive and respectful relationship with our girls. We'll talk about key influences in their lives including media, body image, friendships, health, family and YOU.

### 9. Percussion Beats, Movement & Rhythmic Games from around the globe! *with Angela Roy (All ages)*

Join Angela for this interactive movement and rhythmic games workshops. Play to learn! This is a high energy interactive experience that will get you moving and playing games that build community and positive social interaction! Angela will discuss developmentally appropriate activities that are great for all ages and groups! Facilitated with percussion instruments, movement props and hand drums – come and celebrate and play!

### 10. The Art & Science of Love *with Henry Sawatzky (couples)*

This workshop is designed to act as an introduction to the Gottman method of couple's therapy. Participants will learn how to develop the intimacy they want with their partner, creating a safe & secure environment for their infants &

children. Results of 40 years of research demonstrate how this is possible for your relationship now!

### 11. Feeding your child for optimal health and performance *with Dr. Tim Wood (All ages)*

Dr. Wood will discuss the core principles for feeding your child for maximum health and performance in school and sports. He will discuss how to fit this into school lunches as well as the need for supplements. The result of the workshop will be more certainty in what foods are great for your child and there will certainly be some foods you currently think are healthy, that you will be avoiding after this talk.

### 12. Reducing Stress in Children Using the Seven Sacred Teachings *with Nadine Gagne (ages 0-6)*

Due to the fast pace of our lives, our children can display stress and anxiety - traits that often manifest themselves through actions such as nail biting, shutting down or chewing on shirts. How can we use Aboriginal traditional teachings of the "old ways" to help our children? We can use the Seven Sacred Teachings - a set of values, that, when combined with modern tools and techniques, can help reduce stress levels. Learn various interactive meditations and exercises that will help promote better well-being. Please dress comfortable for this workshop.

### 13. Understanding ADHD - Strategies to Help Your Child Succeed *with Debra Pypier (All ages)*

This workshop will help parents to better understand Attention Deficit Hyperactivity (ADHD), and will highlight common Symptoms, Challenges and Treatments. Parents will learn how ADHD may be affecting their child in their home and school environments, and what strategies and interventions have shown to be successful in helping children with ADHD to overcome their challenges.

### 14. "Growing from the ground" Why movement matters *with Natasha Wood (ages 0-6)*

A hands on presentation that will explore the benefits of creative movement to develop the potential of very young children during the first 4 yrs of life. We will discuss the neurological principles regarding movement's vital role in developing brain function and the importance of bonding and attachment. Participants will have an opportunity to move through some of the movement activities and learn what they can do to move with their babies, waddlers, toddlers and preschoolers. A brief overview of brain development an opportunity to ask questions and handouts are included.

## REGISTRATION

\$25.00 per individual  
\$45.00 for couple

Register Early – Space is Limited

Indicate your workshop preference by number:

Workshop 1:

1<sup>st</sup> choice\_\_\_\_ 2<sup>nd</sup> choice\_\_\_\_ 3<sup>rd</sup> choice\_\_\_\_

Workshop 2:

1<sup>st</sup> choice\_\_\_\_ 2<sup>nd</sup> choice\_\_\_\_ 3<sup>rd</sup> choice\_\_\_\_

Name

Address

Postal Code

Phone

Email Address

Method of Payment

Cash\_\_\_\_ Debit\_\_\_\_ VISA\_\_\_\_ MasterCard\_\_\_\_

Card# \_\_\_\_\_ Exp.Date\_\_\_\_\_

Amount paid \$ \_\_\_\_\_ No cheques

Limited subsidies are available upon request.

Refreshments provided

For special dietary requirements provide your own food

## Free On-Site Child Minding 6 months – 12 years

Childcare spaces are limited & In-person registration is required.  
**NUT-FREE snacks must be provided by parents**

*In respect for others, we request that children over 6 months of age do not attend presentations.*

This form accepted from Thursday March 1, 2012 at:

Register Mon – Fri 10:00 am – 1:00 pm

Call: 250-762-3989 ext:102

In Person: Martin Avenue Community Centre

1434 Graham Street, Kelowna BC, V1Y 3A8

The Okanagan Boys and Girls Clubs