

## Conference Schedule

### Friday, October 16

**Presenter: Dr. Simon Nuttgens**

6:30 to 7:00 pm Registration

7:00 to 8:30 pm **Fathering; Looking**

**Forward, Acting Now**

Deserts, tea and coffee provided.

### Saturday, October 17

**Presenter: Dr. Vanessa Lapointe**

8:30 - 9:00 Registration

9:00 - 9:15 Opening Remarks

9:15 - 10:15 **Resistance & Tantrums**

10:15 - 10:30 Break

10:30 - 11:30 **Resistance & Tantrums**

11:30 - 12:30 Lunch

12:30 - 1:45 **Worry Monster**

1:45 - 2:00 Break

2:00 - 3:15 **Worry Monster**

3:15 - 3:30 Wrap Up

3:30 - 4:00 Questions/Networking

Lunch and refreshments provided.

### Presenters

**Dr. Vanessa Lapointe**, is the author of *Discipline without Damage: How to get your kids to behave without messing them up!* As a registered psychologist who has been supporting families and children for over 15 years, Dr. Vanessa's passion is in walking alongside parents, teachers, care providers, educators, and other big people to really see the world through the child's eye. A regularly invited educator and speaker, and a consultant to research projects and various organizations promoting emotional health and development, Dr. Vanessa is known for being a dynamic speaker who brings a sense of nurturing understanding and humanity to all of her workshops and presentations. And, as a mother to two growing children, Dr. Vanessa strives not only professionally, but also personally, to view the world through the child's eyes.

**Dr. Simon Nuttgens**, a father of two children, has been providing counselling services to children, youth, and families since 1996. Simon worked as a counselling psychologist at a residential treatment centre for youth, a school for children with learning disabilities, and a day program for pre-school children with severe behavioural concerns. Simon has written and presented on a wide range of topics and currently teaches for the Graduate Centre for Applied Psychology at Athabasca University.

### Workshops

**Fathering; Looking Forward, Acting Now**

*Simon Nuttgens*

Effective parenting begins with the end in mind: how do I want my child(ren) to turn out? What sort of person do I want my little one, or little ones, to become? As a father you will play a key role in determining this outcome! It is hoped that through attending this presentation fathers, and those who support fathers, will gain new perspectives and practical ideas for how to reach "the end" they have in mind.

**Resistance & Tantrums**, *Vanessa Lapointe*

Why is it that our children can so resist our direction? Why is it that sometimes the simplest request can lead to meltdowns and angry tears? Perhaps surprisingly, the answers to these questions have nothing to do with discipline strategies and "parenting" techniques. In this workshop we will discuss ways of understanding and responding to our children's resistance and upset that do not make the situation worse, but instead have us leading the way for our children to grow and develop.

**When the Worry Monster Attacks: Supporting Children Struggling with Anxiety**, *Vanessa Lapointe*

This workshop aims to provide a framework for those who are working to support and nurture a child who is struggling with anxiety. Anxiety comes in many shapes and sizes, and manifests differently for younger children than it does for older children and adults. Participants will learn about the different forms of anxiety, and how to best support the child feeling overwhelmed by worry.



Success By 6

# Parenting Conference

## October 16 and 17, 2015

Penticton Ramada Inn  
1050 Eckhardt Ave. W.

Practical parenting tips from

**Dr. Vanessa Lapointe**

and

**Dr. Simon Nuttgens**

[communitiesforkids.ca](http://communitiesforkids.ca)



Photo provided by Success by 6 BC

## Pre-registration required

An opportunity for parents, grandparents, ECE workers, child care providers and service providers to learn about the development of children from birth to age 6.

Registration fee  
 \$30 per person or  
 \$45 per couple for both days  
 \$15 per person for Friday evening only

### “Early Bird” Draw

Have your registration in by October 1 and your name will be entered to win a free one night stay in a King Jacuzzi Suite at the Penticton Ramada Inn.

Subsidized registration, transportation and child minding costs available upon request.  
 Contact Lynn Cook

Free on-site child minding available on **Saturday only.**

Space is limited. Register early.

In-home child minding subsidies available for Friday evening.

Contact Lynn Cook to register.

*The Penticton Ramada Inn is offering a very special room rate of \$74 and \$84 per night based on double occupancy. Children stay free! Reservations at [reservations@pentictonramada.com](mailto:reservations@pentictonramada.com) or by phone at 250-492-8926 extension 0 (Front Desk) and quote Code # CGCK15 to receive discount.*

Questions?  
 Contact Lynn Cook  
 250-496-5511

or

[communitiesforkids@telus.net](mailto:communitiesforkids@telus.net)

## Registration Form

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I /we are attending as a:

- Parent       Grandparent  
 Child Care Provider  
 Other \_\_\_\_\_

Meal considerations/allergies:

Do you need on-site child care?

- No    Yes   If yes, please indicate number of children and their ages:

No. of People Attending	Dates Attending	Cost	Total
	Fri. & Sat. Oct 16 & 17	\$30/ person or \$45/ couple	
	Sat. Oct 17 only	\$30/ person or \$45/ couple	
	Fri. Oct 16 only	\$15 per person	
		<b>Grand Total</b>	

## Payment options (please choose one)

- Mail completed registration form and cheque made out to PDCRS to: PDCRS, 330 Ellis St., Penticton, BC. V2A 4L7
- Register and pay by cash, cheque, credit card or debit card in person at PDCRS, 330 Ellis St., Penticton
- Fax completed registration form to 250-492-7572 with authorization for credit card payment.  
 Visa       Mastercard  
 Credit Card Number: \_\_\_\_\_
- Expiry Date: \_\_\_\_\_  
 Authorizing Signature: \_\_\_\_\_
- Fax completed registration form to 250-492-7572 with payment using PayPal at [www.pdcrs.com](http://www.pdcrs.com)

## We gratefully acknowledge our partners



United Way Success By 6<sup>+</sup> Partners



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