

**FRIDAY, March 22, 2019 (Day One)**  
**Registration: 9 am – 9:30 am**  
**Conference Start: 9:30 am**  
**Lunch: 12 – 1:15 pm (on your own)**  
**Conference End: 5 pm**

Stone Soup Group   
**PARENT CONFERENCE 2019**  
 TRANSFORMING CHALLENGING BEHAVIOR INTO MEANINGFUL COMMUNICATION

Time	Room	Title	Presenters
9 am – 9:30	Birch	<b>Conference Registration</b>	
9:30 -10:00 am	Birch	<b>Welcome</b>	<b>Mary Middleton</b> , Executive Director
10:00 – 12 pm	Birch	<b>Challenging Behavior Basics</b> – Understanding Applied Behavior Analysis (ABA), an introduction to using a science-based approach, and working with other disciplines.	<b>Phil Tafts, PCR Alaska</b>  University of Alaska Anchorage, Center for Human Development (CHD) Effective Behavior Interventions – <b>Summer Lefebvre, Rebecca Parenteau, and Malarie Dufrane</b>
<b>Lunch Break (on your own) – 12:00-1:15 pm</b>			
1:15 - 3 pm	Birch	<b>Addressing Challenging Behavior Workshop</b> Skill building: 1. Controlling the reinforcer 2. Prompting 3. Using your environment 4. Behavioral Skills Training	CHD Effective Behavior Interventions
<b>Break – 3:00-3:15 pm</b>			
3:15 - 5 pm	Birch	<b>Addressing Challenging Behavior Workshop</b> Skill building continued	CHD Effective Behavior Interventions
12:00 - 5 pm	Alder & Cottonwood	<b>Sensory Demonstration</b> Visit the Alder and Cottonwood rooms to experience how the environment can impact behavior	SSG Staff

*End of Day One*

**SATURDAY, March 23, 2019 (Day Two)**  
**Registration: 8:30 am – 9:00 am**  
**Conference Start: 9:00 am**  
**Lunch: 12:00 – 1:15 pm (on your own)**  
**Conference End: 4:30 pm**

Time	Room	Title	Presenters
8:30 – 9 am	Birch	<b>Conference Registration and Check-in</b>	
9:00 -9:15 am	Birch	<b>Welcome</b>	<b>Mary Middleton,</b> Executive Director
9:15 -12:00 pm	Birch	<b>Family Toolkit to Reduce Stress, Promote Self-Regulation and Build Resilience*</b> Learning Objectives: 1. Describe how the brain and nervous system respond to stress. 2. Explain why mind-body practices are essential tools for reducing stress and regulatory skills for children and adults. 3. Demonstrate two mind-body practices you can use daily. 4. List two resources for mind-body practices	<b>Linda Chamberlain,</b> <b>PhD, MPH</b>
<b>Lunch Break (on your own) 12:00 – 1:15 pm</b>			
1:15 - 2:15 pm	Birch	<b>Continued:</b> Family Toolkit to Reduce Stress, Promote Self-Regulation and Build Resilience	<b>Linda Chamberlain,</b> <b>PhD, MPH</b>
2:15 - 3:15 pm	Birch	<b>Power of Understanding Behavior Obstacles</b> How to understand, improve, and persevere some puzzling, but explainable conduct. Courage to resolve and climb the mountains.	<b>Heidi Kelly</b>
<b>Break – 3:15-3:30 pm</b>			
3:30 - 4:30 pm	Birch	<b>Parent Panel: Challenging Behavior</b> Experienced parents share their stories on the topic of challenging behavior.	<b>Kim Flaherty</b> <b>Janice Heverling</b> <b>Caitlin Jaksic</b>
9 am - 4:30 pm	Alder & Cottonwood	<b>Sensory Demonstration</b> Visit the Alder and Cottonwood rooms to experience how the environment can impact behavior	SSG Staff

**\*Family Toolkit to Reduce Stress, Promote Self-Regulation and Build Resilience**

This toolkit helps families understand how unaddressed stress can lead to difficult behaviors, problems with self-regulation and health issues. Dr. Chamberlain uses visual props to explain how our brains respond to stress and strategies that adults and children can use to calm the brain. The capacity to change our brains, referred to as growth mindset, is something we can do at any age. Growth mindset is a leading predictor of academic achievement and well-being. Dr. Chamberlain translates the latest scientific evidence into user-friendly content to demonstrate how mind-body interventions work with the brain from the “bottom-up” to release stress from the body, facilitate co-regulation between caregivers and children and enhance resiliency skills. Participants will practice simple mind-body tools including how to use their breath, progressive relaxation, mindfulness and movement as part of positive parenting, managing stress and well-being.

*End of Conference*