

@Literacy_Day #literacyday2015



October 24th, 2015
7:30 AM - 4:30 PM

13th Annual
Literacy & Learning Day



@ The Shaw Conference Centre
9797 Jasper Ave. NW, Edmonton, AB

Register Online
September 20th - October 19th
www.literacyday.ca

LLDSSE

KEYNOTE: *Big Picture Parenting*

ANN DOUGLAS

8:30AM - 9:30AM

In this thought-provoking keynote presentation, parenting author Ann Douglas will discuss the advantages of taking a big-picture approach to parenting (parenting with your hopes and dreams for your children and your family in mind). She will discuss the importance of tuning into your children's needs, being mindful of your parenting decisions, building relationships with other parents, and practicing self-care. Expect a compelling mix of practical advice and lively anecdotes from this popular and engaging speaker.



CLOSING: *The Power of Your Inspiration and Influence*

Monique Howat 3:45PM - 4:30PM

You have an ability that is highly persuasive. It is powerful enough to spark ambition, motivation and drive in those around you. Likely, it has already been used on you: perhaps by a teacher, partner, parent when you were a child or a co-worker. Inspiration and Influence may appear in camouflage through words, actions, ideas or believing in someone before they prove or believe in themselves. It commonly enters our lives when we least expect it and injects the fortunate individual with a fresh, fierce attitude that says, I will make it happen! This humorous, yet thought-provoking speaker, defines inspiration and influence in a way that most people have never reflected upon. You will discover the potent effect of a gift that lies within all of us, known as Inspiration and Influence. Prepare to be engaged!



1) New | Strength in the Storm: How to Become a Strong and Resilient Parent While Providing Support to a Child who is Struggling

Ann Douglas - Keynote Speaker

P/K/E/J/S

Explore coping strategies for parents who have a child who is struggling with a mental, neurodevelopmental, or behavioural challenge. Topics to be discussed include self-care, self-compassion, creating your own support network, and lifestyle matters (nutrition, fitness, sleep, stress management, and making time for fun). This presentation is based on interviews with more than 50 parents who have walked this walk and who are eager to share their best advice with other parents. These interviews formed the basis for Ann's forthcoming book (HarperCollins Canada, January 2015) on this topic.

2) New | Math Support Strategies that Build Confidence and Success

Geri Lorway

E

Attitude is everything when it comes to math. This interactive workshop will focus on strategies and skills that you were likely never aware of as a learner. Memorizing alone is not enough.... engage your child in wanting to know more, in wanting to learn, understand, remember and use math facts to solve problems. NUMBER SENSE and NUMBER RELATIONSHIPS are the key.

3) New | Financial Literacy: Talk to Your Kids About Money

Gary Rabbior

E/J/S

Did you know that the 3rd Wednesday in April is "Talk With Our Kids About Money Day"? Join Gary and take away the "free resources" available to school councils and parents to support financial literacy. He aims to support parents in their efforts to help their children learn about money, and to prepare for the financial decisions and responsibilities ahead. Learn fun, engaging, and educational ways to help your children learn more about money - and how to handle it.

4) Revised | Parents Preventing Apathy in Teens

Cleopatra Kierstead, OCT, B.Ed., B.A

J/S

How can you prevent apathy in your teens and inspire action instead? Learn of programs currently offered that empower and inspire teens (step one) and the impact they hold, as well as programs that allow teens to become change agents in their communities and beyond. You will also discover the fundamental basis of creating a partnership with your teen as they pursue projects that improve their communities and world. You will explore a sample project, walk through the stages from idea to completion, and discuss the role you can play in fostering this thought process.

5) Revised | Bringing Stories to Life

Kristin Dmytriw and Lisa Ware

P/K/E

Calling all parents, caregivers, and early childhood educators of children from 1 - 8 years old! Learn how to engage children in reading by making their books come alive! Become a part of sharing stories and creating activities that will further the excitement! You will have an opportunity to explore many interactive story boards that can be used in a variety of environments. Materials will be provided by the presenters.

6) Returning | No More Yes Man - Learning How to Say NO

Christie Mawer - The Bad Kitty

P/K/E/J/S

"No" may only have two letters, but it often feels like a 4-letter word. It can be hard to say, especially to our kids. Join Christie to: Learn how to say NO in ways that others will respect; Discover when it is important to say NO; Realize that sometimes saying NO is a gift - for you and the person hearing it; Feel more confident as to when to say NO; Feel comfortable saying NO. Stop being a "yes man" and learn the power of the two little letters: N-O.

7) Revised | Understanding Your Child's Brain

Lorraine Lastiwka

P/K/E/J/S

Neuroscience is a fascinating study of the brain. Learn more about how your child's brain learns and builds short term and long term memory. Practical strategies that enhance learning will be shared. A must session for every parent!

8) New | The Real Key to Your Child's Real Life AND Academic Success

Jacqueline Green

P/K/E/J/S

In this fast-paced, interactive workshop you will learn about the little-known force that you can harness that will make your children easier to parent and more fun to be around. At the same time, learning to harness this force will also help your children to be able to make the most of the opportunities they have in life, from school to work to personal relationships. Jacqueline will teach you specific tools that you can start using right away. As well, she will give you the background information you need so that parenting will start to become more intuitive and natural. You will leave inspired and able to take action on ensuring your child thrives in life, not merely survives.

9) New | Can Autism Spectrum Disorders be Healed?

Dr. J. Collins Meek, PhD.

P/K/E/J/S

Why are autism rates exploding? What can we do about it as a society and as parents? Join Dr. Meek to examine the work of Dr. Robert Melillo, especially his work as reported in his book *Autism: The Scientific Truth About Preventing, Diagnosing, and Treating Autism Spectrum Disorders - and What Parents Can Do Now*. This book is available at most libraries.

10) New | What is LD?

Dr. Tanya Spencer

P/K/E/J/S

Join learning assessor Dr. Tanya Spencer for a family-friendly info session about identifying and supporting people who learn differently. Why does my child work three times as hard yet still seem frustrated? What goes on in the brain? Is it laziness or bad behaviour? Shouldn't the school handle this? What strategies might help? What do those reports mean? Learn: 1) What a learning disability is and what it isn't? 2) What are the signs of a learning disability? 3) What families and teachers can do if they suspect a learning disability? 4) Types of learning accommodations.

11) New | Don't Forget About YOU!

Christie Mawer - The Bad Kitty

P/K/E/J/S

As a parent/caregiver or teacher it's easy to get wrapped up in the needs of others and forget about one very important person - YOU! This session is a getaway from learning about how to be a better parent/caregiver. It's about getting back to YOU, of reawakening lost or dormant dreams, of learning how to look after YOU so you can take better care of others. Join Christie, The Bad Kitty, for a fun and interactive session to reignite your most important passion; the one for YOURself!

12) New | Getting Ready for Reading

Michele Pentyliuk

P/K/E

Every parent wants their child to be a strong reader because reading is an important skill in school and in life. Unfortunately, some children have difficulty learning to read. In this session, Michelle will help you to:
1) Learn the essential building blocks of reading readiness.
2) Understand the importance of oral language skills. 3) Be introduced to activities to build sound awareness and other readiness skills. 4) Gain awareness of the signs of possible of learning disabilities.

13) Revised | Emotional Freedom Technique: "Tapping" for Teens

Mildred Thill

J/S

Emotional Freedom Technique, an alternative therapy which could be described as emotional acupressure, can help your teen deal with the stresses of being an adolescent. After a short power point explanation, be prepared to experience this technique and to practice it on your "inner teen." Get some concrete ideas to pass along to your teen that will help with stress-related acne, physical discomfort, test anxiety, dating anxiety and more. **Bring your water bottle.**

14) Revised | Math Play: Best Strategies to Play

Math With Your Children

Roger Moore & Isabelle Legros

P/K/E

"I tried to teach my child with books; He gave me only puzzled looks. I tried to teach my child with words; They passed by him often unheard. Despairingly, I turned aside 'How shall I teach this child,' I cried? Into my hand he put the key, 'Come,' he said, 'And play with me!"

(Author unknown)

Amaze yourself and play in this fast-paced workshop. Learn ways to play with math anytime, anywhere: while reading, shopping, traveling, waiting. Math is everywhere once you start seeing it with your children. Learn best strategies to help your children play (and learn) math.

15) Revised | Self-Talk and the Power of Intention

Julia Kopala

P/K/E/J

Negative thinking is a bad habit that can be changed for most people. Explore 4 areas of negative self-talk: The Worrier, The Victim, The Critic and The Perfectionist. Discover a few simple strategies using breath work, healthy self-talk, and gratitude to assist both you and your family reduce stress and enhance well-being (appropriate for mild depression and mild anxiety). Understand how your thoughts become your reality.

16) Returning | Why Some Children Struggle to Learn to Read

Kathryn Burke

P/K/E

For some children, learning to read is easy; they seem to effortlessly gain the ability to read. Other children struggle with reading, often surprising parents and teachers alike. Explore the critical skills a child needs to learn to become a good reader. Learn some of the factors that may cause some children to struggle with both reading and writing. Take away strategies and approaches that can be used to help struggling readers and activities that can be used to build foundational literacy skills amongst pre-schoolers.

17) New | Suicide Prevention is Everyone's Business

Laurie Young, B.S. CYC, CCYC

J/S

Suicide is a serious health concern. As illustrated by the Centre for Suicide Prevention in Canada, suicide accounts for 24% of all deaths among 15 - 24 year olds. Suicide is the 2nd leading cause of death for young people in Canada. According to the Canadian Mental Health Association, on average, 500 people die by suicide every year in Alberta. Join Lori as she provides information on suicide including dispelling common misconceptions, identifying factors that are associated with suicide risk such as cyberbullying, identifying the factors which are associated with protection against suicide such as family connectedness, and the warning signs that someone may be in danger of suicide. Learn strategies on how to respond when you recognize that your child or youth is at risk of suicide and where to turn to for help in the community.

18) Revised | Parenting in the Age of Anxiety and Entitlement: Where We've Gone Wrong, and How to Get on the Right Path

Jacqueline Green

P/K/E/J/S

Never have parents focused more on our children. Yet never have our children's futures been more in question. Discover where we've gone wrong, and how to get on the right track. Get tools to help steer your children clear of the epidemic of anxiety and entitlement-related issues, from cutting to social issues, to academic failure and suicidal thoughts. In the process, learn how to ensure that your children thrive, and how to have a peaceful, happy family life.

19) New | Can ADHD/ADD Be Healed?

Dr. J. Collins Meek, PhD.

P/K/E/J/S

Attention deficit disorder (ADD) is a national health crisis that continues to grow and is believed to be one of the most misunderstood and incorrectly treated illnesses today. Explore with Dr. Meek the latest medical advances used and reported by Dr. Daniel G. Amen in his book: *Healing ADD Revised Edition: The Breakthrough Program that Allows You to See and Heal the 7 Types of ADD*. This book is available at most libraries.

20) Revised | Preventing Bullying in your School Community

Karen Kondor

P/K/E/J/S

Bullying exists to a greater or lesser degree in every school in our province. Learn how to correctly identify bullying, the effects of bullying on all involved, and how you can help reduce and prevent bullying in your school community.

21) New | Supporting Your Child Through Changes in the Family

Victor Dorian

P/K/E/J/S

When a change takes place in the family, whether it is death, divorce, separation or abandonment, it has a profound effect on all its members. Both an expression of love and a normal human reaction to a significant loss, if grief isn't healed at the appropriate time its impact can be destructive. Discover how Starfish Family Resources uses the RAINBOWS program to assist grieving children, adolescents and adults to develop a belief in their own goodness and the value of their family. It teaches that each change in life is an occasion for a new beginning.

25) New | Money Mentors: A Better Path - A Brighter Future

Linda Mak

P/K/E/J/S

In today's world of numerous financial opportunities, information and scams, Financial Literacy is as vital as all other "literacies." With Financial Literacy at the core of each service, Money Mentors can help you set and achieve your financial goals such as saving for your kid's education, retirement, dealing with debt and the wise use of credit. Join Linda to learn how to build a better path and a brighter future for you and your family.

22) New | Maker, Shaker, Tinker, Thinker: The New Literacy?

Geri Lorway

P/K/E

Tinkering teaches adults and children to take risks, ask questions, wonder, invent, experiment and TRY....taking things apart with the intent to put them back together builds life skills that cannot be developed with an APP on an iPad. Join Geri in this interactive session and develop insights into the importance of including real experiences, real tools and everyday objects in the "learning activities" that direct your child's development. Literacy and Numeracy do not stand alone...we need to include Science, Technology, Engineering and Mathematics in the hierarchy of BASIC Skills our children need to master.

26) New | Learning Outside the Box

Laura L. Comfort

E/J/S

Learning does not need to be rigid, dull and boring. Laura will introduce you to ways to engage your kids in learning through fun and unexpected means such as video games, documentaries, cartoons...and yes, books!

23) New | Changing the Culture of Drugs

Mike Ryan

E/J/S

Youth involvement in the Drug Culture has many root causes including trauma, the nature of prohibition and the resulting peer pressure and how self-esteem affects a youth's ability to deal with life. The downward spiral into addictive and criminal behaviors is described and strategies are provided on how the spiral can be arrested and reversed through understanding the use of self-talk and other cognitive processes to build positive healthy attitudes. Clean Scene Network for Youth has provided a therapeutic mentorship program to support youth through Extra Judicial Sanctions with Community Service being relegated to a small portion of what will teach the young person to give back or fulfill their promise to the world.

27) Revised | Inside an Eating Disorder

Marianne Robertson

J/S

Peer pressure. Low self-esteem. A need to fit in or a desire to emulate an idolized movie star or model. Any or all of these can trigger an emotional crisis that results in an eating disorder, and it can happen at any age. If you are concerned that your child, the child of someone you know or perhaps even someone you know may be suffering from an eating disorder, the information in this workshop might help you understand what you're facing and give you some ideas about how to deal with it. Marianne takes you through her own 10-year battle with anorexia - how the nightmare started, how bad it got, her family's reactions and attempts to find her help, and how she was finally able to find some kind of normal. She will follow her story with a summary of types of eating disorders, symptoms, what to look for, and some ideas on how to help. **Warning: Some graphic descriptions.**

24) Revised | Board Gaming with Children (Grades 2-4)

Wanda Landshoff

E

Discover how board games are a fun and educational way to spend non-electronic quality time with your children. Learn the benefits of board gaming including fundamental development skills like fine and gross motor control, reading, mathematics, cooperation and problem solving. In this session we will review games that you can play with your children and look more deeply into the benefits of board gaming with children. We will focus on a variety of cooperative board games appropriate for children in Grades 2-4. Have Fun Gaming!

Literacy and Learning Day provides free skills, tools and resources which support children as they learn and grow.

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2015 Conference Schedule

Keynote Speaker

8:30AM - 9:30AM

Session A Workshops 9:45AM - 11:00AM

11:15AM - 11:45AM Society AGM

Session B Workshops 12:45PM - 2:00PM

2:15PM - 3:30PM Session C Workshops

Closing Speaker

3:45PM - 4:30PM