



SATURDAY, APRIL 25, 2015
8:30 – 4:30

**Wayne Regional Education
Service Agency (Wayne RESA)**
33500 Van Born Road
Wayne, MI 48184

You must pre-register, there will be no on site registration

TALK EARLY & TALK OFTEN® - PARENTING TWEENS & TEENS!

Are you a parent of a middle or high school aged youth? Do you wonder what they are thinking? What is going on in their world? Come join us for a day-long conference that will provide you with tips and tools to help you parent through the tween and teen years!

CONFERENCE AGENDA:

Opening Keynote: The Adolescent Brain: UNDER Construction!

Although many adolescents look like adults, their brains are vastly different from that of an adult. Parents will humorously explore the mysteries of the adolescent brain and leave with an understanding of the unique characteristics and challenges of tweens & teens along with a new understanding of their behaviors.

Closing Session: What Teens are REALLY Thinking (and Tweeting)!

In this closing session parents will hear it right from the source – teens! Yes, a panel of teens will talk about what teens are doing and saying and how to make the most out of parent/teen relationships.

In addition to the opening and closing sessions, parents can choose up to three breakout sessions:

Helping Kids Thrive!

Kids can feel so much anxiety and stress these days between school and social pressures. How can we as parents partner with our child's school to help ease these feelings? Join us as we discuss mental health, social emotional learning strategies and ways your student(s) can feel supported and engaged at school.

Love Is All You Need: Understanding & Supporting LGBTQ Youth

In this interactive workshop, explore the health and educational experiences of lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. Discuss strategies families can use to ensure LGBTQ children and youth excel both academically and in life. Participants with all range of experience with LGBTQ youth are encouraged to attend.

Managing the Impossible: A Positive Approach to Behavior

Learn about positive and negative reinforcement to behavior, when to use it as well as keeping punishment only as a last resort.

Parenting in the Digital Age

Kids 8-18 spend more than 53 hours weekly accessing and relating to their world using technology. They are also using it to cyberbully, share inappropriate media, and inadvertently draw the attention of online predators and cyber criminals (WebWiseKids). Learn how to help your adolescent **Stop, Think** and **Connect** safely. This workshop is brought to you by the Washtenaw Area Council for Children.

Parents 360

Learn about current drug trends, how to talk to your kids about alcohol and other drugs, and how to spot the signs and symptoms.

Say KNOW to Bullying

There is so much information on bullying today that it is hard to sift through. Spend an hour with us as we talk about: What's true? What's not? What could help? What could do more harm? What can we do to protect our children?

Taking Care of You

They say to put the oxygen mask on yourself before you assist your traveling companions (or kids as we like to call them) when flying. It goes against our very nature as parents to do this, but it's logical and sound advice. Let's have a little fun, think about how to nurture our souls, and take time for ourselves so that we can be the best parents and humans we can be.

The Real Deal - STDs & Pregnancy Prevention

Just ask the expert! Everything you want to know, and more.

Talk Early & Talk Often® - About Sex

Get comfortable being the primary sex educator in your adolescent's life.

REGISTRATION FEE: \$25 includes Continental Breakfast & Boxed Lunch

REGISTRATION AND DETAILS: www.dmsregistration.com.

Click on The Parent Connection Conference (top right of page)

QUESTIONS? Contact barb@parentactionforhealthykids.org

Hurry!
Registration
is limited to
100 parents.