



## **Conference For Parents And Those Who Work With Parents**

**Thursday, October 27, 2011**

Morning & Afternoon Sessions Available

**Lubbock Memorial Civic Center**

*Deadline For Registration – October 21, 2011*

*For Information Contact 2-1-1 or (806)-795-5437*

### **Conference Sponsors:**

Region 17 Education Service Center

National Center for Parenthood Enrichment

Texas AgriLife Extension Service – Lubbock County

Department of State Health Services – Health Service Region I

Managed Care Center for Addictive/Other Disorders

Lubbock Independent School District

Lubbock Lions Club

SPCAA Head Start and Early Head Start

Lubbock County Office of Dispute Resolution

Family Guidance and Outreach Center of Lubbock

Southwest Dairy Farmers

ASVAB Career Exploration Program

Behavioral Center of America Permian Basin

Xcel Energy

United Way - Success By 6

YWCA of Lubbock

**Registration 7:45 A.M. - 8:30 A.M.  
All Participants Must Check In  
Continental Breakfast, Exhibits Open  
Limited On-Site Registration**

**8:30 A.M. - 9:35 A.M.  
Welcome and Keynote Kick Off  
Banquet Hall**

**Why Parenting Matters**  
**Steve Grant, Texas Tech University Athletics**

**SESSION 1: 9:45 A.M. - 10:35 A.M.**

- A. **Los Niños Aprenden A Ser Mejores Hombres,** *Oscar Reyes, Lubbock Independent School District.* La actual generación de niños está teniendo dificultad para aprender el papel que les corresponde de ser hombres de verdad. Los muchachos están perdiendo algunas de las más elementales mayoría de edad para madurar como tener una figura paterna cómo enseñar a los muchachos de afeitarse. Los niños son también perdiendo en el aprendizaje correcto dating habilidades, destrezas, padre y otros muy importantes papeles masculinos tradicionales de nuestra sociedad. Los participantes aprenderán cómo construir bases sólidas habilidades sociales para niños para ayudar a sus hijos se vuelven los hombres necesitan ser.
- B. **Desarrollo Del Cerebro,** *Sarah Mercado, Caring Family Network.* Los participantes en esta sesión discutirá el desarrollo temprano del cerebro y los efectos del trauma en el cerebro. Se compartirá la información sobre los niños de las dificultades que han experimentado la cara de trauma debido a la forma de miedo afecta a sus cerebros. La investigación es aplicable a los trabajadores sociales, maestros, padres adoptivos y jóvenes voluntarios así como padres y pertinente.
- C. **Building and Maintaining Self Esteem in Parents,** *Larry Brooks, Community Baptist Church.* The self esteem of the parent is important in order to enhance the healthy self esteem of the child. Gain skills in improving, nurturing, and maintaining parental self esteem.
- D. **Family Foundations,** *Irene Rodriguez, Slaton Independent School District.* Many ingredients comprise the firm foundation for a family. Basic essential ingredients include morals, values, positive communication, proper nurturing, and ongoing relationship building. These topics will be identified and discussed during this session.
- E. **Depression and Mood Disorders in Children and Adolescents,** *Charisse Rook, Behavioral Center of America Permian Basin.* There are differences in sadness, loneliness, fear, moodiness, and depression. Hear how to recognize signs of depression in youth. Learn to distinguish between oppositional behavior and mood disorders. Find out how to respond to effectively help young people.

- F. **Behind Blue Eyes: Unveiling the Realities of Adolescent Culture – Part 1,** *Dr. Steven Bonner, Lubbock Christian University.* Working with adolescents in today's culture is difficult, especially when there is a lack of understanding about what is going on. "Behind Blue Eyes" seeks to lift the veil of confusion and expose the realities of the world beneath.

- G. **Look Who's Talking!**, *Sherry Sancibrian, Texas Tech University Health Science Center.* The preschool years are a critical time for language learning! In every interaction with a child, adults have an opportunity to teach the child about communicating. This session will show how families and all adults working with infants, toddlers, and preschoolers can support and promote speech and language development.

- H. **ScreamFree Parenting,** *Brian Offutt, Monterey Church of Christ.* Parents face the toughest challenge—raising children! Parents long to create a loving family environment filled with mutual respect and cooperation—but that's easier said than done! ScreamFree Parenting is about parents taming reactive responses to their deep anxiety. Rather than learning new techniques, discover the liberating principles that are inspiring parents to revolutionize their family life. These principles will enable parents to remain cool, calm, and connected with their children—no matter what. Learn how to parent less out of deepest fears and more out of the highest principles in ScreamFree Parenting.

- I. **Survival Skills, It's a Jungle Out There!**, *Janie Ramirez, Texas Tech University.* Parents want the best for their children but often do not have the knowledge or skills to help them especially when it comes to preparing them for college. Gain some survival skills to get on the right path. The presenter will introduce participants to Generation Texas, a statewide movement to help families prepare, apply, and pay for college.

- J. **Social and Emotional Development – It Matters,** *Jade Dominguez & Bridget Lemons, Parenting Cottage.* Each baby is born into a unique family that has its own culture and heritage, its own strengths, and its own way of coping with stress and adversity. From birth the connections made with others is significant to personal development. Explore the different stages of social-emotional development from birth to age five and see why --- it matters.

- K. **Substance Abuse Prevention Across the Lifespan,** *Lola Coppage, Managed Care Center.* It is commonly accepted that individuals are at highest risk for substance use and abuse at “transition points” in their lives and at key stages across the lifespan cycle. This session will identify the stress and conflict that people experience when transitioning from one age to another. Prevention efforts for every age group will be discussed and evaluated.

**REGISTRATION DEADLINE  
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**SESSION 2: 10:45 A.M. - 11:35 A.M.**

- A. **Fundaciones Familiares**, *Irene Rodríguez, Slaton Independent School District.* Muchos ingredientes son la base firme para una familia. Ingredientes esenciales básicos incluyen moral, valores, comunicación positiva, crianza adecuada y fomento de la relación. Estos temas serán identificados y debatidos durante este período de sesiones.
- B. **Habilidades de Supervivencia, es una Jungla Allá Afuera!**, *Janie Ramirez, Texas Tech University.* Los padres quieren lo mejor para sus hijos, pero a menudo no tienen los conocimientos o habilidades para ayudar especialmente a la hora de prepararlos para la Universidad. Obtener algunas habilidades de supervivencia para obtener en el camino correcto. El presentador presenta a los participantes para la generación de Texas, un movimiento de todo el Estado para ayudar a las familias a preparar, aplicar y pagar la Universidad.
- C. **Guaranteed Parent Activities to Make Your Young Child Ready for School!**, *Claire Dulaney, Young Women's Christian Association.* Educators and parents must work together to improve children's school success. Parents are a child's first and most important teacher! Learn some fun and powerful parenting strategies in this session to promote reading, enrich vocabulary, and gain math and science awareness in young children. Some of the strategies even involve the child helping with chores around the house; therefore, home life as well as the child's school success will improve!
- D. **Brain Development**, *Sarah Mercado, Caring Family Network.* The participants in this session will discuss early brain development and the effects of trauma on the brain. Information will be shared about the difficulties kids who have experienced trauma face because of the way fear affects their brains. The research is pertinent and applicable to social workers, teachers, foster parents, and youth volunteers as well as parents.
- E. **Behind Blue Eyes: Unveiling the Realities of Adolescent Culture – Part 2**, *Dr. Steven Bonner, Lubbock Christian University.* (Continuation) Working with adolescents in today's culture is difficult, especially when there is a lack of understanding about what is going on. "Behind Blue Eyes" seeks to lift the veil of confusion and expose the realities of the world beneath.
- F. **Boys Learning to Become Better Men**, *Oscar Reyes, Lubbock Independent School District.* This current generation of boys is having difficulty learning the proper role of being real men. Boys are missing out on some of the most basic coming-of-age rites, such as how to shave, proper dating skills, and other very important traditional male roles in our society. Participants will learn how to build strong foundational social skills for boys to help them become the men they need to be.

- G. **Recreation Resources for the Family**, *Traci Crawford, City of Lubbock.* One of Lubbock's best kept secrets is the recreational offerings for families! There are tons of great classes, programs, activities, and events for the entire family. The South Plains has everything from fitness, learning, just-for-fun happenings, and city wide events. There are numerous ways families can bond and grow together through recreational resources. Come learn how.
- H. **I Like You vs. I Love You**, *Dr. Brian and Kristi Starr, Lubbock Christian University.* Popular parenting today indicates that parents should strive to help their kids like them. It says they should be best friends so that children will stay in a relationship with parents. But a healthy parenting relationship knows that love has to be tough sometimes in order to be effective. It knows that children need a voice of discipline and truth in their lives as much as they need a voice of compassion and acceptance.
- I. **Sexual Development & Teen Pressures: How Do We Talk With Our Children**, *Dr. Elizabeth Trejos, Texas Tech University.* Children and adolescents today are bombarded with confusing messages about sex and the meaning of "growing up"; those messages are coming from different sources: peers, mass media, technology, etc. In working with children and youth, it is essential to strive to stay up-to-date with technological advances balancing efforts to censure media content while supporting the children through the emotional and physical changes they experience during puberty. This lecture aims to discuss some of the most important pressures children and youth experience in their journey through sexual maturation and provide practical solutions to deal with those pressures.
- J. **Strengthening Parents to Produce Strong Families**, *Chris Moore, Victory in Praise Christian Fellowship.* Parents who are whole are more likely to produce healthy families through nurturing. Parents must protect their family assets through positive, clear communication. All parents need supportive services to assist in raising the family. These are some of the strengths that produce strong families.
- K. **Building and Sustaining Healthy Relationships**, *Jim Schneider, Covenant Health System.* Discover how shared meaning and rituals of connection can honor one another's life's journey. Topics for discussion will include: creating a culture of fondness and admiration, solving problems that can be solved, increasing the emotional bank account, and accepting one another's influence. Healthy relationships between the parents can foster healthy relationships for their children.

**Social Work CEUs, PDUs, and Certificates of Attendance are available.**

**11:45 AM. - 12:50 P.M.**  
**Lunch and Keynote Presentation**  
**Exhibit Hall**

**The Call of Liberty -  
For You, Your Family, And Your Faith**  
**Jeffrey J. DiQuattro, Author: The Final Branch**

**SESSION 3: 1:00 P.M. - 1:50 P.M.**

- A. **Mejores Practicas Administrar Sus Financias Personales**, Jessie Mendoza, *American State Bank*. Déjenos darle consejos prácticos para controlar sus finanzas personales. Estos consejos cubrirán ahorros, presupuestos, y crédito.
- B. **Desarrollo Sexual & Presiones Que Afectan A Nuestros Hijos: ¿Cómo Conversar Con Ellos?**, Dr. Elizabeth Trejos, *Texas Tech University*. Hoy en día nuestros niños y jóvenes están siendo bombardeados con mensajes confusos sobre sexo y el significado de “*madurar o crecer*”; estos mensajes provienen de diferentes fuentes: amigos-compañeros, medios de comunicación, tecnología, etc. Nuestra labor como padres, educadores, y profesionales es de balancear esfuerzos para censurar la información que proviene de los medios de comunicación y al mismo tiempo apoyar a nuestros hijos y jóvenes durante los cambios emocionales y físicos que deben experimental durante la pubertad. Esta charla tiene como objetivo discutir algunas de las presiones más importantes que nuestros hijos sufren durante la pubertad y discutir algunas soluciones prácticas para lidiar con esas presiones.
- C. **Looking Through the Eyes of a Stepchild**, Wilma Edwards, *Private Practice*. When a child comes into a blended home and into the lives of parents as a stepchild, the child enters after a very personal loss in his/her life and family. This class will focus on how a child feels and how adults can understand the child’s perspective.
- D. **Bringing Back Family Meals**, Dr. Debra Reed, *Texas Tech University*. Family meals together help improve proper nutrition and strengthen family communication. Increased vocabulary, reduced juvenile delinquency, and meaningful relationships are some of the research findings resulting from families eating together on a regular basis. Simple strategies will be given to make it happen for family mealtime in your home.
- E. **Temperament Styles: How We Relate to One Another**, Dr. Page Heisser, *Private Practice*. “*Why does my spouse refuse to socialize? Why does my child never finish her homework? Why am I so soft-hearted? Why don't we understand each other?*” A useful measure of temperament styles will be introduced, and a basic explanation of test results will help participants better understand themselves and each other.

F. **Please Stop Bursting My Bubble or Why Am I So Disappointed?**, Gail Jones, *Lubbock Independent School District*. Relationships with people are the basic building stones of life. Why is it so hard? How do I connect? How do I fix the messes? How do I keep my sanity? This class will discuss conflict, communication, loving differences, and peacemaking without being a doormat.

G. **Predator Drugs**, Jamie Moore, *Department of State Health Services*. Athletes use drugs to get buff. Shy kids use drugs to get confidence. Drugs are also used as alcohol extenders, cheap tricks, or to take advantage of another person for sexual purposes. This seminar gives a practical and in-depth look at how five different street drugs are used as date rape drugs. The consequences can be lethal to the victim.

H. **Resiliency and Hope in Parenting a Child with Special Needs**, Dr. Nicole Springer, *Texas Tech University*. Historically, research that has been conducted on families of special needs children has operated from a deficit framework, emphasizing the problems in these families as opposed to their strengths. This workshop will review the results of a national survey of parents and their experience of raising a child with special needs. The discussion will include a description of the adjustment process in receiving the child's diagnosis and highlight the positive experiences of raising a child with Down syndrome. Audience participation will be encouraged in exploring how these results are applicable to other special needs diagnoses.

I. **Tips to Address Youth Issues**, Quincy White, *City of Lubbock*. The presenter will identify problems associated with youth in America today. This session will include a discussion of options available to parents and other community members to help curtail the negative outcomes resulting from youth problems.

J. **Children of Domestic Violence**, Roy Rios, *Women's Protective Services*. This session is a gripping presentation that informs participants how children are affected by witnessing domestic violence both directly and indirectly. The dynamics of domestic violence will be explained. The audience will leave with an in-depth understanding of how to overcome this horrific epidemic.

K. **Bonding with Your Baby**, Andrea Bewley, *Young Women's Christian Association*. This session covers early development and good attachment between parent and baby. Strong connection is critical to early childhood development. Healthy bonding contributes not only to the emotional but also to the social and brain development of the young infant.

L. **Mental Health 101**, Laura Worley, *Lubbock Regional Mental Health Mental Retardation*. This session will provide a basic overview of common psychiatric diagnoses and treatment resources, as well as coping strategies for families. Facts about suicide and suicide prevention strategies will be addressed.

**SESSION 4: 2:00 P.M. - 2:50 P.M.**

- A. **Niños De La Violencia Doméstica**, *Roy Rios, Women's Protective Services*. Esta sesión es una presentación apasionante que informa a los participantes cómo los niños se ven afectados por testigos de violencia directa e indirectamente. Se explica la dinámica de la violencia doméstica. El público va a dejar con una comprensión profunda de cómo superar esta terrible epidemia.
- B. **A Parent's Guide to Sexually Transmitted Diseases**, *Dr. Linda M. Brice, Texas Tech University Health Science Center*. Most parents want to talk with their teens and pre-teens about sex and Sexually Transmitted Diseases (STDs) when the time presents itself and their adolescents have questions. However, many parents, family members, guardians, and adults who work with youth may not know all the information concerning these topics. This graphic and comprehensive presentation will cover the signs and symptoms, complications, and treatments for STDs.
- C. **Best Practices on Administering Your Personal Finances**, *Jessie Mendoza, American State Bank*. Come hear some practical, sensible tips on how to manage and control personal and family finances. Tips will be helpful and useful in these relevant topics: budgeting, saving, and credit.
- D. **How to Avoid Marrying A Jerk**, *Jeannette Gist, The Legacy Group*. Perhaps it's not a marriage crisis, but rather a *partner selection crisis* society is facing in this country. Parents need to understand their roles in helping to guide their children through the dating and partner selection process into healthy marriages. Learn techniques for helping children follow their hearts without losing their minds!
- E. **Screening and Assessing Trauma in Children**, *Dr. Jeffrey Wherry, Texas Tech University*. Effective trauma-related treatment is informed by good trauma-focused screening and assessment. In cases where Post Traumatic Stress Disorder (PTSD) avoidance is active, traditional red flags like emotional distress may be absent as a function of the disorder. This workshop will explain in a practical way the rationale for use of widespread screening of trauma-related symptoms early in the referral of a child.
- F. **A Time to Be Strong**, *Eric Strong, Consultant*. This is a workshop about parents surrounding themselves and their children with strong people and influences. It is also about making certain the same parents are strong for the people and the children who are in their lives. Storytelling will enhance the strategies presented.

- G. **Conflict Resolution**, *Nina Martin, Office of Dispute Resolution*. Resolving conflicts, whether it is between parents, siblings, or parent/child, is one of the most difficult parts of healthy family life. Conflicts occur. How can they be handled in nurturing, positive ways? Take home workable solutions for getting along!
- H. **Take a Stand - Positive Strategies To Manage Conflict and Bullying**, *Cindy Stephens, Texas AgriLife Extension Center*. Educating adults is an important part to understanding today's bullying and cyber bullying. Communication, teamwork, cultural awareness and etiquette will be discussed. It is desired to help youth go to school safe every day, to become leaders on their campuses, and to think about careers and their future. Personal safety is a key issue to making this happen!
- I. **Help for Mealtime Frustration**, *Cori Weaver, Early Childhood Intervention - Developmental Education Birth to Three*. It is difficult distinguishing whether a child can not eat or will not eat. Eating difficulties are frustrating for everyone. In this presentation, learn red flags for feeding concerns and the difference between a picky eater versus a problem eater. Recommendations will be given on mealtime success for the entire family.
- J. **Sensory Integration Disorder vs. ADHD**, *Sarah Mercado, Caring Family Network*. Many children who are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) actually have Sensory Integration Disorder (SID). The content taught in this class will assist the participants to create an environment for student success. Can the kids manipulate a squishy toy while listening to the teacher? Can they stand beside their desks or sit on an exercise ball? The answer to these questions is important! Little modifications that are not disruptive changes can make a world of difference.
- K. **Mission Possible**, *ViAnna LaRue, Armed Services Vocational Aptitude Battery Career Exploration Program*. MISSION: prepare students (10<sup>th</sup>-12<sup>th</sup> grades) for life after high school or post-secondary education .... POSSIBLE: through the use of the enhanced ASVAB Career Exploration Program. This federally funded (free) program offers a career research approach that meets the career development needs of today's high school and post secondary students regardless of their future career or educational endeavors. This is a comprehensive career program based on current career development theory and practice which assists students, parents, and school staff. ASVAB Web Site will be reviewed during the presentation.

**Mark the Date for BSF Conference  
Thursday, October 25, 2012**

**Building Strong Families, Inc.  
P.O. Box 11383  
Lubbock, Texas 79408**

## **2011 Building Strong Families: Tools For Success Conference**

### **REGISTRATION FORM**

**Cost: \$10.00 - Includes All Sessions & Materials,  
Continental Breakfast & Lunch**

**Two ways to register: by mail- see form to the right;  
or go to the link to register and pay using PayPal:  
[http://events.constantcontact.com/register/event?  
llr=47cilzcab&oeidk=a07e4p7uvvc1c697c59d](http://events.constantcontact.com/register/event?llr=47cilzcab&oeidk=a07e4p7uvvc1c697c59d)**

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**SESSIONS WILL BE CHOSEN ON A FIRST COME BASIS.  
NO SEATS WILL BE SAVED.  
WHEN A CLASSROOM IS FILLED,  
PLEASE FIND ANOTHER SESSION TO ATTEND.**

**REGISTRATION CANNOT BE REFUNDED  
FOR ANY REASON.**

Social Work CEUs, PDUs, and Certificates of Attendance  
are available. Inquire at Continuing Education Table  
for further information and fees.  
If registering more than one person, please copy form  
and submit one form per individual.  
Infants, Children and K-12 Students NOT Allowed.

### **REGISTRATION DEADLINE OCTOBER 21, 2011**

Name \_\_\_\_\_  
Home Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone (\_\_\_\_) \_\_\_\_\_  
Work Phone (\_\_\_\_) \_\_\_\_\_  
Email Address \_\_\_\_\_  
Campus/School District \_\_\_\_\_  
Agency/Organization \_\_\_\_\_  
Amount Enclosed \$ \_\_\_\_\_

Please send completed registration form and  
payment (check or money order) made payable  
to "Building Strong Families, Inc." to:

**Building Strong Families, Inc.  
P.O. Box 11383  
Lubbock, TX 79408**

**CHECK OR MONEY ORDER MUST BE  
INCLUDED WITH REGISTRATION FORM!**

**For More Information or Assistance  
Call 806-795-5437 or  
Email - [bsfconf@yahoo.com](mailto:bsfconf@yahoo.com)**