



DR. VANESSA LAPOINTE

A SERIES OF FOUR WORKSHOPS FOR
FOSTER PARENTS AND OTHER COMMUNITY PROFESSIONALS

MONDAY, OCTOBER 17, 2016



Dr. Vanessa Lapointe is an author, parenting expert, and registered psychologist (British Columbia #1856) who has been supporting families and children for more than fifteen years.

Author of *Discipline without Damage: How to get your kids to behave without messing them up*, a regularly invited media guest and contributor, educator and speaker, a Huffington Post Parent blogger, and a consultant to research projects and various organizations promoting emotional health and development, Dr. Vanessa is known for bringing a sense of nurturing, understanding and humanity to all of her work.

The founder of The Wishing Star Lapointe Developmental Clinic, Dr. Vanessa continues to work in her private practice at The Wishing Star, and has previous experience in a variety of settings, including the British Columbia Ministry of Children and Family Development and the school system.

Dr. Vanessa's passion is in walking alongside parents, teachers, care providers, and other big people to really see the world through the child's eyes. She believes that if we can do this, we are beautifully positioned to grow up our children in the best possible way.

As a mother to 2 growing children, Dr. Vanessa strives not only professionally, but also personally, to view the world through the child's eyes.

"This series is specially created for every 'Big Person' out there who is invested in the growing up of children"

Location: Kamloops Alliance Church - 200 Leigh Road

Cost: **\$15 (includes lunch)**

Please **RSVP to Renata, Kristina or Kari at (236) 421-0031**
to register - seating is limited

Payments can be made at:

Interior Community Services

765 Tranquille Road

Kamloops BC

V2B 3J3

Discipline Without Damage:

How to get your kids to behave without messing them up
Monday, October 17, 2016 - 9am to 12pm

Anger and Eruptions:

Understanding anger and what to do about it
Monday, October 17, 2016 - 12:30pm to 3:30pm



THE SUPPORT TO FAMILY CARE NETWORK TEAM PRESENTS:

DR. VANESSA LAPOINTE

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TUESDAY, OCTOBER 18, 2016

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When the Worry Monster Attacks:

Understanding anxiety and the surprising answer to helping your child through it

Tuesday, October 18, 2016 - 9am - 12pm

Screen Time and Attention Deficit:

Understanding the growing epidemic of inattentive children alongside the rise of technology exposure

Tuesday, October 18, 2016 - 12:30pm - 3:30pm

Anger & Eruptions:

Understanding anger and what to do about it

Anger in our children is one of those emotions that often takes us by surprise, and indeed, provokes interesting responses out of us as parents. Where does anger come from? When is anger a problem? What does anger have to do with brain development? This workshop will take on the task of helping big people understand the needs of children when anger erupts. We will explore the emotional pathways that lead to angry explosions and we will seek to understand how to respond in ways that calm rather than agitate, and in ways that actually facilitate improved growth for the developing brain.

Discipline Without Damage:

How to get your kids to behave without messing them up

When your child is threatening a meltdown in the grocery aisle, is it really possible to keep your cool, get the behaviour turned around, and support healthy development, all at the same time?! Parents, caregivers and big people of all kinds will discover how discipline affects children's development, why our reactions to our children's behavior should reinforce connection instead of introduce more upset, and why the disciplinary strategies that may have been used on us as children are not the ones that children really need.

Screen Time & Attention Deficit:

Understanding the growing epidemic of inattentive children alongside the rise of technology exposure

The nature verses nurture approach to understanding how children develop leads us to intuit that exactly how brain growth and development unfolds most certainly is impacted by the amount of screen-time and technology exposure that children have. In this workshop we will discuss two key reasons why we must protect our children's (1) hearts; and (2) brains from the impact of screen time (video games, FaceBook, texting, social media, etc.). Participants can expect some ideas and strategies to put into place for safeguarding their children around technology exposure, a developmental guide to what is safe and when, and an overall understanding of our role as big people must be for our children as we navigate the technology revolution.

When the Worry Monster Attacks:

Understanding anxiety and the surprising answer to helping your child through it

The prevalence of anxiety in our children has perhaps never been more prominent than now. What has happened that our children are so full of worry? And what shifts need to occur for us as adults to be able to turn worry about the uncontrollable into wonder about the possibilities? As parents, teachers, and other 'big people' become increasingly concerned about their children and the functional daily impact of anxiety, our efforts can turn almost frantic as we try to glean helpful, supportive information from the unmanageable amounts available online and elsewhere. Too often this results in 'quick fix' approaches to 'solving' anxiety, rather than inviting a contemplative approach that is informed by the science of child development. This workshop will focus on making sense of the world of anxiety for children as they experience it and direct us to land on a surprising answer for overcoming it! We will discuss the roots of anxiety and use our understanding of such to inform knowledgeable responses and supports for the children we are growing up who might be struggling with too much worry. The goal will be to provide participants with a developmentally sensitive approach to understanding worry and transforming it into wonder.