



Professional Learning Series (Developing Adaptiveness and Competence in Children and Youth)

MONDAY March 9th, 2020

Strathmore Travelodge 9:30 – 3:30 p.m.

TITLE: Over-Parenting and Letting Children/Youth Fail to Succeed

(Lunch is included)

Raising healthy, happy children is the goal of parents and professionals, and yet it seems like the world in which children are growing up is more dangerous and unpredictable than ever. As a result, parents and professionals are hesitant to give children opportunities to practice adaptive decision-making and coping skills needed to develop competence, confidence, and self-control. Even though children are safer than ever before in history, some best-intentioned parents and professionals are ‘bubblewrapping’ children, leading to a generation of anxious, entitled, and overprotected youth. This session will introduce professionals to evidence and practice that encourages professionals to support parents in providing; and encouraging children with opportunities for failure, for independent play and exploration, and for responsible risk-taking.

TUESDAY March 10th, 2020

Golden Hills School Division 9:00 – 11:30 a.m.

(This session is limited to the first 40 people that register)

TITLE: Effects of Technology/Media on Child Development

(Light breakfast items and beverages are included)

The workshop will discuss the most recent theory and research related to critical early childhood development areas and periods of early brain development while learning how early technology use *might be* both positively and negatively impacting early brain development and function. The implications for early childhood learning (attention), emotion (emotional regulation), and social development (peer/parent relationships) will be examined. Practical strategies in working with parents and families to manage technology and screen time will be outlined.

RATES:

| | Early Bird Rate (until January 31, 2020) | Regular Rate (after January 31, 2020) | Registration Closes February 19, 2020 |
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| March 9, 2020 (only) | \$75pp | \$100pp | <u>REGISTER NOW</u> |
| March 9 and 10, 2020 | \$100pp | \$125pp | <u>REGISTER NOW</u> |
| Registration provided by the Calgary Regional Consortium | | | |

Student rate: \$30 per person (enter code **EARLY20** to receive discount before January 31st. After January 31st, enter code **STUDENT20** to receive discount). **NOTE:** Codes are case sensitive (use all caps).

Questions? Contact Sharon Blanchard sharon.blanchard@ghsd75.ca or Scott McLean scott.mclean@ghsd75.ca

Presented by Dr. Kelly Dean Schwartz

Dr. Kelly Dean Schwartz is Associate Professor in the School and Applied Child Psychology program and Director, U of C Applied Psychological and Educational Services (U-CAPES), an on-campus clinic serving children and families Calgary and area. He has a Ph.D. in Social Psychology and an MSc in Educational Psychology from the University of Calgary. As a registered psychologist (1993), he began his career with a Calgary school board and worked extensively with children and adolescents who had severe learning and/or social/emotional needs. Prior to his current appointment, Dr. Schwartz was on faculty at Ambrose University College for over 12 years where he served as Program Head of Behavioural Science.

Dr. Schwartz is active in the fields of child and adolescent development, family and parent-child relationships, and international child development. Dr. Schwartz founded FamilyWise in response to the need of Canadian families for responsible research and education related to positive human development and family studies. FamilyWise provides educational material, access to current research, and practical resources to children and families in Canada.

