



## Planning for your next early years/parenting conference?

**Get a two day speaking package for one low price!**

**Judy Arnall, BA, DTM, CCFE** (Certified Canadian Family Life Educator)

- **1 Day Facilitation Training for Professionals of the "Terrific Toddlers" program authored by Alberta Health Services or one day Train the Trainer of "Plugged-In Parenting."**
- **1 Keynote: "Play is the Key to University"**
- **1 or 2 Breakout topics of your choice**
- **6 of Judy's products for door prizes or speaker gifts**

**In the 6 hour Terrific Toddlers Train the Trainer you will learn:**

Discover what new challenges and fun that life with a toddler presents! This course aims to increase knowledge, confidence and skills in parenting toddlers and preschoolers from the ages of one to four. The facilitator manual developed by Alberta Health Services, covers 8 module topics with **50 interactive activities** to facilitate parent learning of the key concepts. There is also a 70 page handout package for parents. More information about Terrific Toddlers here  
<http://www.albertahealthservices.ca/ps-1025591-terrific-toddlers-courses.pdf>

This Train-the-trainer one-day professional development will cover:  
Terrific Toddler Content and Basic Facilitation Skills in Delivery to Parents and Caregivers

- Normal developmental changes and challenges; temper tantrums, picky eating, bedtimes, separation anxiety and toilet training
- Understanding parenting styles and the effect on the behaviour of children
- The importance of play, safety and healthy best practices
- Positive discipline techniques, avoiding power struggles and dealing with the world of No!
- Effective communication with your toddler that builds healthy self-esteem and emotional intelligence of feelings

**In the 6 hour Plugged-In Parenting Train the Trainer presentation you will learn how to teach parents digital literacy parenting practices:**

- Trends and changes in the last twenty years in how children work, communicate and play and the impact of media on the family.

- Current recommendations from the Canadian Pediatric Society for each age group, and the 7 Keys to live a balanced life.
- Understanding children and parent's needs in media literacy and the 5 Essential elements of successfully parenting children and media.
- How to successfully navigate: advertising, personal information, cyber-safety, health effects, cyber-bullying, luring, critical thinking, signs of obsession, and netiquette,
- Top 10 ways to limit screen time without scream time.

**Keynote: Play is the Key to University (or another topic)**

This interactive talk will take a look at why children play, and how they learn most of what they need in life, academically, socially and emotionally, through play. Judy will discuss how adults, teachers and caregivers can support a free "play ethic" and further the development of creativity, problem solving and communication skills so desperately needed in the digital age.

Your audience will:

- Learn why play is a component of a healthy life and brain building essential for children and adults.
- Learn how to facilitate play and creativity.
- Learn how to continue play into the adult years.
- Not be bored by endless powerpoint bullets!

**Breakouts: Your choice of topics from the 50 titles at [www.professionalparenting.ca/workshops.html](http://www.professionalparenting.ca/workshops.html)**

Your investment:

For a full day of facilitation training, one keynote and one breakout, you will save on multiple speaker fees and expenses. Judy will present for the bargain investment of \$(contact-jarnall@shaw.ca) plus economy travel of \$500 to \$2000 maximum depending on location within North America and whether she drives or fly's. GST extra. That is all. No other surprise charges. Travel includes meals, book shipping, ground transfers, flight, or mileage, baggage, and all expenses. You will provide the training room, projector, microphone and \$20 per person printing charges for the training binders.

Judy Arnall, BA, DTM, CCFE, teaches parenting at The University of Calgary, Continuing Education, Chinook Learning, and has taught for Alberta Health Services for 13 years. Judy is the author of the International bestseller, ***Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery*** and the newly released DVD, ***Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love*** and the new parenting "un-advice" book, ***The Last Word on Parenting Advice***. [WWW.PROFESSIONALPARENTING.CA](http://WWW.PROFESSIONALPARENTING.CA)  
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**Judy is authorized to teach:**



# Parent Effectiveness Training

*The proven program for raising responsible children*

