

Chicago's First Annual



Neighborhood
Parents Network

Toddler Expo

April 26, 2014



Presented by:

Foss Swim School

The Foss Swim School mission is to build confidence through the mastery of skills.



Kids & Company

The Kids & Company mission is to develop and foster the potential in every child through an enriched, nurturing and safe early learning environment. We create a partnership with families and our communities to develop confident children who are caring, capable and enthusiastic about the world around them.

This event is dedicated to providing Chicago families with children under the age of 5 years with pertinent information on parenting and lifestyle issues. Each workshop will not only provide interaction with a professional on the topic but also a chance to connect with and learn from other parents.

Visit www.npnparents.org or get connected via:



9AM Workshops

Classroom A: Taking the Stress Out of Potty Training with Dr. Allison Foster

Having trouble potty training your toddler? Dr. Foster will share best ways to assess the readiness of your toddler to be potty trained, toddler-specific potty training skills, the importance of positive reinforcement, and overcoming common potty training hurdles. There will be time allotted at the end of this workshop for Q&A.

Classroom B: Discipline that Work by Parenting Perspectives

Parenting toddlers can be challenging at times. Toddlers are expressing their new found independence, wanting control, testing boundaries and become easily frustrated. This fun interactive workshop provides strategies from Parenting Perspectives' unique demonstrations quickly showing parents parenting techniques that work and those that don't. You'll leave the workshop with tools you can implement in your home the next day.

- Gaining your child's cooperation and preventing misbehavior
- Minimizing power struggles
- Dealing with tantrums
- Disciplining without yelling
- Setting limits effectively
- Taking control of your reactivity

Classroom C: Helping Your Toddler Communicate by Anna Rooney, MHS, SLP-CCC/L

This workshop teaches parents effective strategies that encourage toddler communication. Communication strategies are based upon the Hanen© “It Takes Two to Talk” program. Parents will learn how to build language skills naturally during everyday routines and activities. Parents will also learn about important language milestones.



10AM Workshops

Classroom A: Toddler Sleep with Dr. Rebecca Kempton

Do you have a toddler who carries on with endless curtain calls well past bedtime?

Does your toddler wake at night or wake way too early in the morning?

Is your toddler ready to transition to a big kid bed or to one nap? Other topics include:

- Amount of sleep toddlers need
- Practical tips on how to curb bedtime antics
- Understanding night wakings and how to handle them
- Strategies on handling transitions to a bed and to one nap or no nap
- Should your toddler still be napping?

Classroom B: Discipline that Work by Parenting Perspectives

Parenting toddlers can be challenging at times. Toddlers are expressing their new found independence, wanting control, testing boundaries and become easily frustrated. This fun interactive workshop will provide strategies for:

Parenting Perspectives' unique demonstrations quickly show parents parenting tools that work and those that do not work. You will leave the workshop with tools you can implement in your home the next day. Topics include but are not limited to:

- Gaining your child's cooperation and preventing misbehavior
- Minimizing power struggles
- Dealing with tantrums
- Disciplining without yelling
- Setting limits effectively
- Taking control of your reactivity

Classroom C: Smart Techniques for Making Life at Home Easier by Sarah Nelson

Overwhelmed by all the responsibilities you need to juggle? Feel like you never have enough time to get anything done? Frustrated that the clutter just keeps multiplying? During this workshop, you will learn proven methods for managing your time efficiently, simplifying your routines, and eliminating the clutter. Come armed with your toughest organizing questions – the workshop concludes with an “Ask the Organizer” section.

11AM Workshops

Classroom A: Essential Building Blocks for Raising Confident, Empowered Kids with Jill Hope

One of the goals most parents share is to raise your children to be confident in themselves and their gifts. When confidence and healthy self-esteem are not developed during childhood, the results can show up in the types of friends your child hangs around, whether or not they engage in risky behaviors, the career they choose, and even the partner they end up with. Often, kids who have not developed a healthy level of confidence and self-esteem when young, end up settling for less than they desire and deserve throughout childhood, and these habits extend into their adult life. In this presentation, attendees will learn:

- The four building blocks that create the foundation for nurturing confidence and self-esteem (miss even one of these and you could be setting your child up for unnecessary struggle)
- The #1 secret to building healthy self-esteem in your child that no one else is talking about
- The type of praise that is actually damaging your child's self-esteem (and you are probably unknowingly using it all the time!)

Classroom B: Toddler Sleep with Dr. Rebecca Kempton

Do you have a toddler who carries on with endless curtain calls well past bedtime?

Does your toddler wake at night or wake way too early in the morning?

Is your toddler ready to transition to a big kid bed or to one nap?

Should your toddler still be napping?

Topics covered include:

- Amount of sleep toddlers need
- Practical tips on how to curb bedtime antics
- Understanding night wakings and how to handle them
- Strategies on handling transitions to a bed and to one nap or no nap

Classroom C: Taking the Stress Out of Potty Training with Dr. Allison Foster

This workshop will focus on aspects of potty training for your toddler. By the end, you will know how to assess the readiness of your toddler to be potty trained, toddler-specific potty training skills, the importance of positive reinforcement, and overcoming common potty training hurdles.

There will be time allotted at the end of this workshop for Q&A.



Our Experts

Dr. Allison Foster: Dr. Allison Foster is a pediatrician at Child & Adolescent Health Associates in Chicago. She received her medical degree at Northwestern University Feinberg School of Medicine, and completed her residency training at Children's Memorial Hospital. She has been in practice since 2009 and welcomes new patients.

Jill Hope: Jill Hope is writer, family empowerment coach, motivational speaker and founder of I Shine. Through her work with I Shine and her passion for helping busy moms to bring out the best in themselves and their kids and shine their inner light on the world, Jill has designed several unique and innovative programs. From her “Powerful Girl Within” and “Child Self-Esteem ‘Bully-Proof’” Programs, which teach parents the mindset, tools, and strategies that foster self-esteem, build character, and raise emotionally healthy, empowered kids, to her “Awaken Your Passion” and “Creating Unstoppable Kids” programs.

Parenting Perspectives: As co-founders of Parenting Perspectives, Karen Jacobson, MA, LMFT, LCPC and Lauren Bondy, LCSW, help parents enhance their parenting tools to promote healthy development and nurture the unique potential of their children. As therapists and mothers, they provide counseling to parents, children, couples and families. They regularly speak on a wide variety of parenting topics including: power struggles, self-esteem, sibling rivalry, discipline, friendship, gifted and school issues.

Anna Rooney, MHS, SLP-CCC/L: Anna is a licensed speech-language pathologist who provides home-based speech language therapy to children of all ages. Her business is *Anna Rooney Speech Therapy* and she travels throughout Chicago. Her mission is to provide quality, family-centered speech-language therapy in the child's natural environment. Anna is dedicated to helping children become effective, confident communicators.

Sarah Nelson: Sarah is the owner of Less is More, a professional organizing services company inspired by her passion for beauty and order. Knowing how to sort through and organize all the stuff that fills a city home are skills she draws upon all the time as a busy mom of two young children. Less is More has been getting families organized since 2010.

Dr. Rebecca Kempton: After graduating with a B.A. in Psychology from Dartmouth and an M.D. from Cornell Medical School, Rebecca Kempton, MD, (founder Baby Sleep Pro) worked for several years as a medical director for healthcare technology and pharmaceutical companies before becoming certified as an infant and toddler sleep consultant and starting her own business, Baby Sleep Pro. With her three children, aged five and under, along with dozens of clients nationwide, Rebecca has honed her sleep coaching skills. Using a variety of behavioral techniques, she customizes sleep solutions based on what she learns about you, your child, and your family's goals; Rebecca works with clients nationwide by phone, video chats and email.