



Parenting 2.0

Plus+

Equilibrium Parenting and ParentTube

Day 2 - Dr. Vanessa Lapointe, R. Psych

Dr Vanessa will run two workshops - "Discipline Without Damage" in the morning, and "When The Worry Monster Attacks" in the afternoon. There will be an hour and fifteen minutes allotted for lunch time. Attendees are encouraged to bring a water bottle; refill stations will be provided at the event.

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.

In addition, you'll learn:

- How the concept of "childhood" has been understood in different ways historically and why we must understand it anew today.
- The basic and impactful truth behind Dr. Vanessa's mantra "See it, feel it, be it."
- The foundation of a healthy, effective approach to discipline that respects your child's developmental needs... and works!

When the Worry Monster Attacks!

Supporting Children Struggling With Anxiety

The purpose of this workshop is to provide a framework for parents who are working to support and nurture a child who is struggling with anxiety.

Anxiety comes in many shapes and sizes, and manifests differently for younger children than it does for older children and adults. Participants will learn about the different forms of anxiety that are commonly diagnosed in children (including Separation Anxiety, Obsessive-Compulsive Disorder, Phobias, Generalized Anxiety Disorder, Social Anxiety and Post-Traumatic Stress Disorder, among others).

We will work to understand what unites these different expressions of worry and how to best support the child feeling overwhelmed by such worry so that participants leave with a better sense of how to help put a child's worry monster to rest.



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Dr Vanessa Lapointe, R. Psych



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. She is a best-selling author, parenting educator, speaker, and a mom to two growing boys.

Author of *Discipline without Damage: How to get your kids to behave without messing them up* and *Parenting Right From The Start: Laying a Healthy Foundation in the Baby and Toddler years*, 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. She presently works in private practice 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.

