

Parent Summit

January 19, 2023

6:00-6:30 pm Session 1

6:30-7:00 pm Session 2

7:00-7:30 pm Session 3

Please enter at the high school doors. Doors open at 5:45 pm. Childcare and dinner is available in the cafeteria. Drop off your children, grab some food and head to a session!

Please note some sessions are not offered during all three time slots.

Please choose up to three topics from the descriptions below that most interest you.

Attend virtually or in-person.

Sleep A to ZZZZZ - Room 409

Google Link: <https://meet.google.com/uxy-cvyx-qrf>

(Session 1-3 90 minute presentation starts at 6:00)

Sleep: A to Zzzz: Parents will learn about the significance of sleep for children, discuss the importance of a bedtime routine and learn how to create and keep a routine that works for their family.

Recommendations will cover birth to young adults.

Traci Napier - BJC Child Development Center Manager and parent of four children

Boredom Busters - HS Library

Google Link: <https://meet.google.com/fbz-bkyc-jor>

What are some inexpensive and easy ways to avoid the dreaded “I’m bored” and “there’s nothing to do” conversation at home? You will learn multiple games you can play with one deck of cards to increase math fluency and language skills. You will also have the chance to learn a few new games that are made for ages 4-99. Every participant will take home a new deck of cards. As a bonus, you will learn some STEM projects that you can do with simple, household items.

Summer Hagemeyer and Jocelyn Kreuger - ESD staff and 21st CCLC Site Coordinators

Self-Regulation- Room 407

Google Link: <https://meet.google.com/szv-opjq-tui>

Does your child often seem dysregulated and upset while you struggle to help them regain control? Join our presenters to learn the definition of self-regulation, why it is important, the 5 R’s in Self-Regulation, how to teach self-regulation to your child as well as tips and strategies for parents.

Kristin Jaworski and Denise Richards - Youth In Need

Mental Health in Children - Room 406

Google Link: <https://meet.google.com/imn-sxdo-vde>

Did you know that a National State of Emergency in Children’s Mental Health was declared in October 2021 by the American Academy of Pediatrics (AAP), the American Academy of Child and Adolescent Psychiatry and the Children’s Hospital Association? One year later, these leaders repeated the call for greater attention and resources for children’s mental health: “As pediatricians, we recognize that the current crisis makes promoting mental health a necessity for all children and adolescents. It also requires transformative action to address,” said AAP president Moira Szilagyi, MD, PhD, FAAP. Fortunately in Lincoln County, our citizens elected to “Put Kids First” in 2006 establishing a children’s services fund to meet the evolving mental health needs of our children and youth. At no out-of-pocket costs to parents and caregivers, Lincoln County kids can access mental health programs and services in their schools, homes and communities. Learn more about how our county is working to meet the mental health needs of our children and youth so they may learn, enjoy a better quality of life and reach their full potential.

Cheri Winchester - Lincoln County Resource Board

PLTC & Technical Careers - Room 401 Google Link: <https://meet.google.com/kft-mjif-ivs>
(Session 1 (6:00) only)

Join the director of Pike-Lincoln Technical Center as he discusses all of the programs they offer, how students can attend as a high school student, and future career opportunities in technical areas. Ask all of your questions about current and future offerings and their benefits for students.

Martin Hanley - Director of Pike-Lincoln Technical Center

Life After High School - Room 403 Google Link: <https://meet.google.com/jvc-shjm-ssb>
(Session 2 (6:30) & Session 3 (7:00) only)

Why wait until Junior and Senior year to learn more about life after high school? This session is designed for students and parents of all ages to prepare them for their post-high school goals. Learn about the college admissions process, the ACT, how you can pay for college, basic career exploration, and more. Get a basic idea of what you will need to do and when you should do it.

Tori Towery - ESD staff and 21st CCLC Site Coordinator