



Building a Three Pound Computer: How Parenting Affects Childhood Brain Architecture

In this presentation, Judy will use plain talk and interactive exercises to demonstrate important concepts in children's brain development and how parents, teachers and caregivers can contribute to children's health and wellbeing.

Your audience will:

- Explore the age old concept of "nature versus nurture" and the effect on brain development.
- Consider the influence of genes, fault lines, wiring and foundations.
- Distinguish between positive interactions and ACE (Adverse Childhood Experiences) and their effect on child's development and attachment.
- Identify the three kinds of stress and the effect on the brain.
- Discover how adults contribute to the "serve" and "return" interactions between parents and children.
- Investigate the parenting/teaching style axis and evaluate the benefits of "nurturing" and "structure".
- Review best parenting/teaching practices that build resiliency and develop children's best potential.

Target Audience: Parents and Front-Line healthcare and education professionals.

This workshop is based on the book, *Parenting With Patience*, and can be tailored for a one to three hour session. Depending on time, the following concepts are covered under each objective:

1. Authority styles of structure and nurturing.
2. Children's temperament.
3. Overview of child capabilities within the framework of brain development.

This is a popular workshop for professional groups such as teachers, child care professionals, and preschool teachers who work directly with children.

About Judy:

Judy Arnall, BA, is a Distinguished Toastmaster and Certified Canadian Family Life Educator who is a specialist in child development and non-punitive parenting and education practices.

She teaches parenting at The University of Calgary, Continuing Education, and has taught at Chinook Learning, Alberta Health Services, and Families Matter. Her style is informal and interactive rather than reading powerpoint bullet points.

In her 19 year career, Judy has a firm grounding in research from Alberta Health Services and Alberta Education and brings the latest recommendations from both spheres for parents and professionals.

Judy is the author of the world-wide print bestseller, ***Discipline Without Distress: 135 Tools for raising caring, responsible children without timeout, spanking, punishment or bribery*** (translated into 5 languages) and the newly released, ***Parenting With Patience: Turn frustration into connection with 3 easy steps.***

Judy is the parent of 2 teens and 3 university students. Jarnall@shaw.ca 403-714-6766 for more information. www.professionalparenting.ca

