

Registration for

3rd Annual Parent Advocacy Day at the
Legislative Office Building, 33 North State Street, Concord, NH
October 15, 2009



8:30-9:00 Registration (**light refreshment provided**)
9:00-9:20 Welcome and Introductions
9:20-9:30 Break
9:30-10:30 Session 1 (choose between workshops A, B, C or D)
10:30-10:45 Break
10:45-11:45 Session 2 (choose between workshops A, B, C or D)
11:45-noon Break (**Brown bag lunch provided**)
Noon – State House Tour

Please choose two of the following workshops:

Workshop A: Physical and Dental Health

Health and Well Being “Small Steps to Becoming Physically Active”

Becoming more physically active doesn't have to be expensive or time consuming. There are many ways to incorporate physical activity into your daily routine. Whether it is taking the stairs at work, parking your car farther away at the grocery store, or dancing to music with your children, it all counts as activity. Daily activity can help you have more energy, more patience, and even help you (and your kids) sleep better. So come and learn more about easy ways to add activity and healthy eating to your day. *Presented by DHHS Division of Public Health*

Dental Health: Making the Connection between Oral Health and Total Health

Dental disease is the most common infectious disease in children. It is five times more common than asthma, and yet almost 100% preventable. Discussion will include the infectious nature of dental disease, its causes and prevention. In addition oral health relationships related to nutrition, obesity, well being and the ability for your child to thrive will be discussed. *Presented by Belknap-Merrimack County Head Start*

Workshop B: **Using Your Voice:** The parent/ caregiver in NH has a very important voice in our State's legislation. Join this workshop to hear about family friendly policies being worked on by the NH Women's Lobby and their Work and Family Economic Sustainability Initiative: Paid Sick Days, Paid Family/Medical Leave and the Right to Request Flexible Employment. These important pieces of legislation focus on helping working families in NH balance the demands of their jobs with caring for their families. *Presented by NH Women's Lobby*

Workshop C: Mental Well Being: Healthy emotional development in young children prepares them to succeed in school and grow into emotionally healthy adults. In this workshop, learn about red flags (concerns) to look for in early childhood mental health and key strategies for parents with concerns about their children's behavior or social/emotional development. Also included will be resources and advocacy tips to help parents work together with providers to get the mental health supports their families need. *Presented by Consultant for Belknap-Merrimack Head Start*

Workshop D: Families and Educators Working Together: Research shows that the more involved parents are in their child's learning, the better children do in school. This workshop provides an overview of the many ways that parents can be partners in their children's education. Effective communication strategies, tips on successful parent/teacher conferences, and ways parents can be effective IEP Team members will be discussed. *Presented by PIC (Parent Information Center)*

ADDITIONAL OPPORTUNITY

State House Tour: See where our bills become laws, learn some unique trivia about our state government, and meet some State Representatives, State Senators and possibly Governor Lynch, if available. If you have never been on a tour of the State House please take advantage of this great opportunity.

Light refreshment at registration and bag lunch provided.

Pre-registration: please return by October 7, 2009

Name: _____ Address _____

Phone: _____ E-mail _____

Please check your first and second choices for both sets of workshops.

Workshops from 9:30 – 10:30 1st Choice ___A ___B ___C ___D 2nd Choice ___A ___B ___C ___D

Workshop from 10:45 – 11:45 1st Choice ___A ___B ___C ___D 2nd Choice ___A ___B ___C ___D

State House Tour: ___yes ___no (this will be held at Noon)

Are there any special accommodations needed? ___yes ___no If yes, please explain _____

Please return this portion of the form to Julie Day, NH Children's Trust Fund, 10 Ferry St., Suite 315, Concord, NH 03301
fax: (603) 223-9847 jday@nhctf.org 224-1279

You will receive a name tag with workshops printed on it when you register at the Event.

