



The Indiana Association for Infant & Toddler Mental Health

Presents Its 15th Annual Conference

Maturation & Mutuality: Pathways to Self-Regulation

Friday, August 21, 2015 | Ruth Lilly Auditorium, Riley Hospital for Children, Indianapolis, IN

Agenda

8:30 Welcome

8:45 *Problematic Sleep in Infants and Toddlers: Assessment and Intervention Tools*

Sarah Morsbach Honaker, Ph.D., HSPP, C.BSM, Assistant Professor of Clinical Pediatrics, Indiana University School of Medicine

Sleep problems present frequently in infants and toddlers, and represent a common source of parental concern. Encouragingly, behavioral sleep intervention approaches are highly effective in treating bedtime problems and night wakings. This presentation will discuss normal sleep in infants and young children, as well as conceptualization of common problems. Assessment and treatment approaches will be presented, including practical implementation tips to help families intervene successfully.

10:15 Break

10:30 *The Development of Feeding & Eating Skills in the Infant and Toddler*

Colleen M. Wasemann, MSOTR, Co-Owner, Feeding Friends

Participants will discuss the development of feeding and eating skills of the infant and toddler. Overall impact of the sensory system on feeding and eating will be discussed as well as strategies to assist the family during the mealtime process.

12:00 Lunch on your own

1:00 *Sensory Processing & Sensory Regulation Open the Door to Learning*

Barb Blain, OTR, Director, PediPlay

Sensory regulation is a beginning, not an end destination. Assisting kids to achieve an active alert state is essential for effective and efficient learning. The next step is inviting a child to learn by offering an appropriate challenge. When children are engaged and alert, each system contributes a different perception of the experience. The successful integration of this sensory information allows sensory and motor memory of the problem solving of the challenge and begins to layer the resource bank the child will draw on daily to do routine tasks on “remote control” while they stretch to take on new and more complex problem solving and continue to expand their repertoire of mastered tasks. We will discuss strategies to achieve an active alert state, multiple ways to invite children to take on a challenge and ways to fine tune the challenge within the activity. Samples of treatment cases, home learning suggestions and ways to drop in sensory regulation throughout daily routines will be presented.

2:30 Break

2:45 *Relationships as Regulation: Practical Strategies for Providers and Parents*

Sally Reed Crawford, MA, Early Childhood Specialist
Lynne Sturm, Ph.D., HSPP, Riley Child Development Center

This session will provide an overview of the function of relationships as the essential aspect of the development of emotional regulation in early childhood that helps children learn to independently regulate their emotions, behavior, maintain engagement with tasks. Practical strategies will be offered, such as, observation skills, positive guidance, problem-solving, and the use of play, that are useful in supporting young children in their typical settings as they learn the critical skill of emotional regulation.

4:00 Close, Certificates – **5.75 CEUs** awarded for all-day attendance

****RECEPTION TO FOLLOW IN AUDITORIUM FOYER****
****CELEBRATE OUR 15TH ANNIVERSARY WITH US!****

This 5.75 hour training meets the following IMH-Endorsement[®] Competency Area:
Theoretical Foundations: Infant/Very Young Child Development & Behavior

Registration Fees:

IAITMH Member / Endorsement [®] League Affiliate:	\$50
Family / Student:	\$25
Non-Member:	\$65

PARKING IS AVAILABLE IN THE RILEY OUTPATIENT GARAGE:
\$11.00 FOR 8 HOURS; \$1.00 FOR EACH ADDITIONAL HOUR

*If you are not certain of your membership status, please email Becky McKnight: rmcknight@mhαι.net

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