

Preemies Today Parent/Provider Conference 2015
Navigating the Journey Through Childhood
November 8, 2015, Inova Fairfax Physicians Conference Center

8:00 am – 9:00 am	Breakfast <i>An excellent opportunity to network with other parents and sponsors.</i>
9:00 am – 9:30 am	Welcome and Ice Breaker
9:30 am – 10:25 am	General Session <i>Confident Parenting</i>
10:35 am – 11:45 am	Breakout Sessions <i>PTSD and Trauma Treatments</i> <i>Navigating the Transition from Early Intervention to Kindergarten</i> <i>Facilitating Speech and Language Development in Pre-Term Children</i>
11:45 am – 12:45 pm	Buffet Lunch / Facilitated Table Talks
12:55 pm – 2:00 pm	Keynote Speaker <i>Deanna Fei, author of “GIRL IN GLASS: How My Distressed Baby Defied the Odds, Shamed a CEO, and Taught Me the Essence of Love, Heartbreak and Miracles”</i>
2:10 pm – 3:15 pm	Breakout Sessions <i>Post-Preemie Pregnancy</i> <i>Nutrition and Gut Health</i> <i>Loss Panel</i>
3:25 pm – 4:20 pm	General Session <i>Preemie Parenting - a Parent Panel</i>
4:20 pm – 4:30 pm	Closing Remarks

General Session- Morning

Confident Parent--Equipping Parents to be More Proactive, Confident and Empowered

All preemie parents want to thrive, be empowered, and feel confident. In fact, feeling disempowered and out of control is more the expectation and the norm particularly in the NICU but how can you change this? What does confident parenting really mean? How do you go from just existing and being reactive to thriving and being proactive? How do you find your voice again? Using a number of coaching and value/belief based tools and strategies, this session will identify the three (3) emotions that are most common and detrimental for preemie parents as well as the five (5) key things needed to move towards feeling and being more confident.

Speaker: Gigi Khonyongwa-Fernandez is a preemie and special needs mom, Professional Life Coach and Founder of Families Blossoming LLC, a unique business specializing in providing coaching based emotional support and other related services to preemie and special needs parents and relevant organizations and agencies. She received her BSc (honors) in Occupational Therapy, MSc in Health, Population and Society from The London School of Economics and Political Science (LSE) and her Diploma in Personal Performance Coaching (Distinction) from The Coaching Academy (UK). She is an active member of a number of international, national and local preemie and coaching organizations and is a passionate and seasoned presenter and speaker to both parents and professionals on a wide range of topics as they relate to the preemie and special needs experience, particularly post-NICU/post-diagnosis.

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Breakout Session 1

Choose one of three

Option 1: PTSD and Trauma Treatments

Having childbirth complications or an unexpected premature birth can be traumatic for many women and men. In this session you will learn about the common symptoms of anxiety and postpartum post-traumatic stress disorder and the treatment options available, including the self-help stress reduction technique, EFT (Emotional Freedom Techniques).

Speaker: Jan Steele Watkins, LCSW, MSW is a licensed clinical social worker in private practice in the Washington, DC area. She uses Eye Movement Desensitization and Reprocessing (EMDR) and energy psychology modalities with children, families, adults, groups and couples. She helps clients work through difficult emotions, including trauma, and clear limiting beliefs to eliminate barriers to empowered living. Jan offers trainings and workshops in energy psychology, including EFT Universe certification training, to individuals and corporations. She is a contributing author in the EFT Clinical Handbook, by Dawson Church PhD, published by Hay House.

Option 2: Navigating the Transition from Early Intervention to Kindergarten

This panel will include representatives from early intervention, preschool special education, and Fairfax County Public Schools. The discussion will focus on identifying children with developmental delays and disabilities and transition services from birth to age five.

Panelists, To be announced

Option 3: Facilitating Speech and Language Development in Pre-Term Children

This session will provide practical information and advice on encouraging speech and language development in children. Communication is more than just words and language and she will discuss what typical communication includes along with the importance of affect and relationship.

Speaker: Bobbi Wade, MAT, CCC-SLP has over 35 years of experience in working with children and their families in her private practice in Alexandria, Virginia. She combines theory and practice from a wide range of post-graduate training, including advanced CranioSacral Therapy, Visceral Manipulation, Lymphatic Drainage, PROMPT, Beckman Oral Motor Protocol, the Masgutova Method of Reflex Integration, and certification in pediatric NeuroDevelopmental Treatment (NDT).

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Keynote

Deanna Fei, *Girl in Glass*

Deanna Fei is the author of the new memoir GIRL IN GLASS (Bloomsbury), hailed as “extraordinarily beautiful” by NPR and “an impassioned, important book” by the *Washington Post*. GIRL IN GLASS was recently featured on PBS NewsHour, Melissa Harris-Perry on MSNBC, and NPR’s All Things Considered, among other outlets.

In 2014, Fei’s essay, “My Baby and AOL’s Bottom Line,” went viral worldwide and sparked national conversations about medical privacy, corporate accounting, employer-sponsored health care, and what a human life is worth. She appeared on NBC’s the *Today* show, the CBS *Evening News*, CNN’s *Erin Burnett Show*, MSNBC’s *News Nation*, and NPR’s *Here and Now* to discuss her decision to speak about her “distressed baby.”

Breakout Session 2

Choose one of three

Option 1: Post-Premie Pregnancy: What Do You Need to Know?

This session will include an informational video, written materials, and a group discussion. The class content has been developed specifically by parents who have experienced the struggles of a premature birth and the ongoing needs of caring for premature children. Our goal is to provide parents with current information about possible treatments that might help their next pregnancy.

Speaker: Sara Donahue, MSW, MPH has been the March of Dimes NICU Family Support Specialist at Inova Children’s Hospital in Falls Church, VA since the project began at that site in 2007. In addition to her current work providing information, comfort and support to NICU families, Sara has worked as a hospital perinatal social worker and conducted family interviews for the Fetal and Infant Mortality Review Team in San Diego, CA. Sara is a graduate NICU parent as her daughter was born early following several weeks in a high risk perinatal unit. Prior to working for the March of Dimes, Sara coordinated the Sexual Assault Response and Awareness (SARA) Program which provides comprehensive criminal justice and counseling services for survivors of sexual assault. Sara received a Master of Social Work and Master of Public Health with a specialization in maternal and child health from San Diego State University. Her undergraduate work in Psychology was completed at the Catholic University of America in Washington DC.

Option 2: How to Optimize the Gut-Brain Connection in Premies

Dr. Stéphane and Gina Phelps will cover the Gut-to-brain connection, some tools to facilitate healing and this understanding according to current research and application toward premies. From feeding to digestion to the brain, you will understand why specific nutrient and digestion can impair brain capacity and how to start to be proactive now.

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Speakers: Stéphane Provencher, BS, DC, DICS, CKTP was born in Québec, Canada and he earned his Doctor of Chiropractic degree with honors in 2007. Dr. Stéphane was named Researcher of the Year 2009 by SORSI, America's Chiropractors of the Year 2009, 2011 and 2012 by the Consumer Research Council of America and Presidential Appreciation award by SORSI in 2010. Dr Provencher is the co-founder and primary developer of the SORSI-EBRN (Evidence Based Research Network) and automatic online case reporting system to improve Chiropractic research. Dr Stéphane was awarded Talk of the Town of Haymarket, VA in 2013, 2014 & 2015.

Gina Phelps a graduate of the Nutritional Therapy Association program. She believes in the importance of properly prepared whole foods that are delicious, nourish our bodies, and restore good health. Gina's health journey began many years ago when her children developed allergies and she wanted to help them heal. Radically inspired by the Weston A. Price Foundation and their commitment to traditional cooking and fermenting techniques, Gina now desires to teach others how to have natural health. After becoming a Certified Healing Food Specialist Gina felt called to continue her education and become a Nutritional Therapy Practitioner. She has also undergone training to become a GAPS practitioner. Gut and Psychology Syndrome (GAPS) is a condition which establishes a connection between the functions of the digestive system and the brain. Practitioners learn natural treatments for autism, ADD/ADHD, dyslexia, depression, bipolar disorder, OCD, eating disorders, and more.

Option 3: The Death of a Child, the Grief of a Lifetime

A panel discussion featuring parents whose babies have died. We will discuss the pain of losing a child, the grief process, methods of coping with the loss and the healing journey.

Panelists, To be announced

General Session--Afternoon

Premie Parent Panel

This session will include a panel bringing together parents of children born prematurely of different ages and experiences. Parents will share their stories and experiences on managing the early years, insurance company woes, different forms of therapies, milestone celebrations, and transitioning to school age.

Panelists, To be announced