

# RAISING WISCONSIN'S CHILDREN

## Conference 2025



This free, online event is perfect for parents, teachers, and all those who care for Wisconsin's children. Learn hands-on tips from leading experts for raising healthy, resilient kids. This year, we're focusing on unlocking the power of social and emotional skills in children and teens!

You can attend as many conference sessions as you want. All sessions will have closed captions. Participate in a Q&A session with speakers after each presentation. Register to attend and view conference recordings through February.

### SCHEDULE

8:30 AM

- ***Early Experiences Elevate Everything: Early Brain and Child Development and The Future Of Society***

Dipesh Navsaria, MPH, MSLIS, MD

9:45 AM

- ***Mindfulness and Compassion for Well-Being***

Larissa Duncan, PhD

11:00 AM

- ***Navigating Challenging Behaviors in Early Childhood with Grace and Respect***

Laura Froyen, PhD

1:00 PM

- ***Five Critical Conversations Necessary to Support Children's Transition to Kindergarten***

Michelle Sands, PhD

2:15 PM

- ***A Parent's Guide to Treating Childhood Anxiety and OCD***

Stephen Whiteside, PhD, LP

3:30 PM

- ***Raising Resilient Teenagers: Breaking the Intergenerational Cycle of Family Adversity***

Amanda Morris, PhD

**JANUARY 28, 2025**

8:15 AM - 4:30 PM, CST

**Free & Virtual on Zoom**



Scan QR code or go to <https://go.wisc.edu/raisingwi> for details and to register.

Wisconsin Registry credits for childcare professionals available for some sessions. Scan QR code to register.

When you register, you will receive an email with a link that gives you access to the conference using Zoom. Check your junk mail if you don't receive this email.



**Human Development & Relationships Institute**

DIVISION OF EXTENSION  
UNIVERSITY OF WISCONSIN-MADISON