

USU Extension Sponsors Utah Parenting Summit

Julene Reese

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Utah State University Extension sponsors the Utah Parenting Summit, a statewide virtual event held online Saturday, Oct. 8, from 6 to 8:30 p.m.

The summit will provide real-world solutions to common parenting challenges, with six live workshops presented by professionals nationwide. Topics include building a strong and healthy parent-child relationship, teaching values and behaviors, and correcting undesired behaviors, among others. Bonus pre-recorded workshops on self-care, picky eating, how to talk to your teen about sex, and more will be available starting the day of the event.

Keynote speaker Mackenzie Johnson, human sciences specialist in family well-being with Iowa State University Extension and Outreach will speak on “Finding Joy in Our Parenting Journey.” She co-hosts “The Science of Parenting” podcast, where she shares research-based information on effective parenting practices and stories about her own wins (and fails) as a mom.

According to Naomi Brower, USU Extension professor in Weber County and an event organizer, Johnson’s focus on providing trustworthy, practical parenting information combined with her humor and insightful perspective make her presentations credible, engaging, and inspiring.

“We are excited about this event,” Brower said. “We have a fantastic lineup of speakers from around the state and beyond, and we are confident that the parents who participate will come away with information and skills to feel more confident in their parenting. Given the

challenges of the past couple of years, this information is more important than ever.”

Early registration is \$10 a ticket through Sept. 30. Tickets purchased after Sept. 30 are \$15. Tickets and additional information are available at bit.ly/2022/ups.

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