



# The Power of Predictability: Why it matters!

Participants will enhance family well-being through a strength-based lens with strategies of routine, play and competency, including factors that tip the balance for raising happy, healthy kids.



Presented by  
**Katy Smith**

Katy Smith is a keynote speaker, an educator, a trainer, and a valued resource for parents and educators. She has spent her career engaging communities in transformative conversations. Katy is the 2011 Minnesota Teacher of the Year, the first early childhood teacher in Minnesota, and the first parent educator nationally, to be honored with the award.

## FREE Parent Night Event Wednesday, Oct. 26

7-8 p.m.  
(refreshments served 6:30-7 p.m.)  
Holiday Inn, Fargo, N.D.

- What "Good-Enough" Parents Know - A Community Conversation
- Tips for Raising Happy, Healthy Kids

### Registration required:

<https://www.ndsu.edu/agriculture/extension/county-extension-offices/cass-county/events>

**For more information:** Jeanne Erickson  
Jeanne.erickson@ndsu.edu, 701.241.5937

## Professional Workshop Wednesday, Oct. 26

10 a.m.-3 p.m.  
(Lunch included)  
Holiday Inn, Fargo, N.D.

- What is Well-being?
- Factors That Tip the Balance of Well-being
- Trauma
- Building Well-being in Families
- Practitioner Well-being

\$50 (by Oct. 1); \$60 (after Oct. 1)  
Registration Deadline Oct. 20, 2022

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**NDSU**

EXTENSION



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