

Mindful Beginnings: Embracing Inclusivity in Perinatal through Five Communities of Care

Agenda

8:00-8:30 - **Registration and Continental Breakfast**

8:30-8:45 - **Welcome**

8:45-10:15 - **Interactive Keynote:** One Size Does Not Fit All: “Centering Communities & Families with Children Perinatal through Five for a Greater Impact.”

10:15-10:30 - **Break with Exhibitors**

10:30-12:00 - **Workshop 1** - Beginning to Talk about Equity and Inclusivity for Every Family

- A. Infant Feeding and Informed, Safe, Respected Caregiver Decisions
- B. Rethinking Defensiveness: Strategies to build more trusting relationships among health professionals, families, and community members
- C. Shifting the Perspective of Disability
- D. Dads Dyad Differently: Fathers in the First Year
- E. My Voice Matters: Supporting Black Maternal Health
- F. Transcending Cultural Competency: Embracing Cultural Humility to Foster Inclusivity and Equity in Early Childhood Care and Beyond

12:00-1:00 - **Lunch (provided)**

1:00-2:15 - **Panel Discussion:** “Building Communities of Care through Diverse Perspectives”

2:15-2:30 - **Healing Activity**

2:30-2:45 - **Break with Exhibitors**

2:45-4:15 - **Workshop 2** - A Deeper Dive into Equity and Inclusivity for Every Family

- A. Supporting Neurodivergent Mothers During Pregnancy
- B. Working with Muslim Families as a 0-5 Provider
- C. Supporting Indigenous Families and their young children in Systems of Care
- D. The True “Hard Conversations”
- E. The Power of Babies: Holding Space for Diversity
- F. LGBTQ Parenting in Arizona: Why acceptance isn't enough!

4:15-4:30 - **Closing Activity**