



# BUILDING RAPPORT WITH CHILDREN

*The Mexican Riviera / Oct/Nov 2019*



The Nurses for Nurses Network  
07 4151 3884  
[info@nursesfornurses.com.au](mailto:info@nursesfornurses.com.au)  
[www.nursesfornurses.com.au](http://www.nursesfornurses.com.au)



EDUCATION *at* SEA

Education at Sea  
02 6674 2577  
[enquiries@educationatsea.com.au](mailto:enquiries@educationatsea.com.au)  
[www.educationatsea.com.au](http://www.educationatsea.com.au)



# BUILDING RAPPORT WITH CHILDREN:

## An introduction to incorporating child play as a communication tool into healthcare

This Travel CPD Conference is brought to you in partnership with Education at Sea. The focus of the Conference is developing your clinical play skills to effectively communicate and interact with children in your care, so that the children and their parents feel less anxious and more confident in the provision of their individualised health care plan.

All Nurses see paediatric clients at some time and no matter what area of Nursing you work in (e.g. Acute Care, A&E, ICU, Theatre, Medical Imaging or Paediatrics) you are going to come across children who are unable or unwilling to communicate like an adult patient can.

If you can learn to talk and play, then you exponentially increase your literacy skills so you can communicate to children and adults in creative, playful yet effective ways. To do this you will need to learn about how children develop sequentially and holistically. That is what this CPD is all about with a focus on the following objectives.

### Conference Learning Outcomes:

- Gain an understanding of psychosocial and play development of children
- Identify, describe and practise the main therapeutic skills to engage children
- Demonstrate how to apply therapeutic skills to facilitate supporting children through positioning, procedural education and distraction
- Learn to communicate through play using toys, puppet and other creative media.

This Conference provides attendees 18 hours of Continuing Professional Development (CPD).

The venue for the Conference is the Norwegian Bliss, a most fabulous Conference venue where you can explore key destinations along the Mexican Riviera outside the Conference program hours.

### What's Included in your Conference Registration:

- An extensive Conference program based on current best practice information
- Education content that meets the same exacting standards as anything offered in an Australian land-based program
- Conference Presenters that are recognised experts in their field and are excited to be able to share their skill, knowledge, and passion with Conference Attendees
- An online Conference library filled to the brim with educational content that allows you to create your own learning experience by completing pre-conference education activities
- A Registration Reception including complimentary drinks where you can meet other Conference Attendees and network with Conference Convenors and Conference Presenter/s
- Editable electronic note pages that can be downloaded to your device of choice
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- The opportunity to meet as a group in various Conference open forums, in one of the many fabulous locations on the ship
- A complimentary Farewell Drinks and Canapes Function held on the last night of the Conference to celebrate new friendships and information gained
- A Conference Transcript that identifies each session held at the Conference including the session synopsis, session presenter, and CPD allocation
- A Certificate of Completion identifying the CPD hours attached to the Conference Program for you to include in your CPD Evidence Portfolio
- A dedicated Conference cruise desk open daily to address any questions and provide information as required

## THE PRESENTERS:

Dr Judi Parson is a paediatric qualified Registered Nurse, Play Therapist / Supervisor, Senior Lecturer in Play Therapy and Course Director for the Graduate Certificate / Diploma of Therapeutic Child Play and Master of Child Play Therapy courses at Deakin University. Her PhD titled "Integration of procedural play for children undergoing Cystic Fibrosis treatment: A nursing perspective" led her to study Play Therapy, through the School of Psychology at Roehampton University, London, U.K.

**DR JUDI PARSON**



Judi is actively involved in the development of play therapy in Australia and she does this through maintaining a small clinical load as well as by engaging in a range of research projects in relation to paediatrics and play therapy, and also provides clinical supervision as well as research supervision to candidates in the field of paediatrics and play therapy. Judi has authored a number of international peer reviewed journal articles and book chapters.

**BROOKE BATCHELOR**



Brooke Batchelor is a qualified teacher, paediatric Registered Nurse and founder of The Paediatric Nurse- the leading online learning platform for paediatric Nursing CPD. Brooke's interest lies in utilising the powers of play in the clinical setting and hopes to one day finish her Masters in Child Play Therapy.

Brooke has previously held a Board Member role including Vice President for the Association for the Wellbeing of Children in Healthcare and continues to work in the paediatric clinical settings at her local hospital in Far North Queensland.

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## CONFERENCE ONLINE LIBRARY AND INFOBANK:

We have established this Information Bank so that you have access to the most up to date information regarding the program for this Conference.

You will also have access to pre-reading and recorded webinar sessions to support Conference content prior to the commencement of the Conference program.



# CONFERENCE PROGRAM:

The education content provided in this program meets the same exacting standards as anything offered in an Australian land-based program.

What we have done is marry best practice content with a cruise ship conference venue to provide you with a Travel CPD experience, where the conference content is as important as your need for rest and relaxation. Nurses spend their lives looking after others – this conference venue looks after the Nurse for a change.

We have taken a holistic approach to Nursing continuing professional development to ensure you get the most out of the education experience.

## DAY 1



*27 OCT 2019 | DEPART LOS ANGELES, CALIFORNIA*

Make sure you are up on deck to be a part of the "setting sail" festivities as we say farewell to Los Angeles.

**Evening:** Enjoy this opportunity to mingle with the other attendees at the complimentary drinks and Conference Registration function.  
(Venue and Time: TBA)

All delegates are required to attend the conference registration session in order to collect their conference pack & confirm registration details to ensure the correct issuing of their CPD certificate.

## DAY 2

*28 OCT 2019 | AT SEA | CPD: 6HRS*

### **Early Childhood Attachment (Recorded Webinar) (1 hr)**

The first relationships of an infant's life provides a blueprint for bonding and subsequent attachment relationships. It is important to understand and recognise attachment behaviours as coping strategies because these are key in understanding how the child may avoid or seek information and interactions. This webinar provides an overview of the historical development of attachment theory and integrates current knowledge in working with a range of childhood attachment behaviours.

### **Session 1 - Review Psychosocial and Play Development (2 hrs)**

Understanding the ages and stages of childhood and play enables the Nurse to tailor care and interactions according to the child's developmental abilities. In this session, we will review the general stages of psychosocial and play development for children from birth to adolescents. Practical examples will be offered and linked to significant developmental stages.

### **Lunch**

### **Session 2 - Pre-reading Play (1 hr)**

You will be provided with pre-reading material and videos that explore the elements of play, that are required to be completed before the next afternoon session.

### **Session 3 - Explore the Concept of Play (2 hrs)**

During this session, we will identify what is play (and what is not) and discover the categories of play and how play becomes therapeutic and used in ways that empower the child. During this session, there will be facilitated activities to watch videos and deconstruct children at play.

## DAY 3

29 OCT 2019 | AT SEA | CPD: 6HRS

### Session 1 - Introduction to Therapeutic Play Skills (1hr)

This webinar identifies and describes a range of therapeutic play skills suitable for working with children in health care settings. It is important preparation for Session 2.

### Session 2 - Interactive Experiential Putting Play Skills into Action (2 hrs)

This session builds on the webinar 'Introduction to Therapeutic Play Skills' where you will practice setting the conditions and practice using five different therapeutic play skills. Through the use of clinical scenarios and case studies, you will be given the opportunity to practise these skills through role play.

### Lunch

### Session 3 - Why Procedural Preparation is so Important. (Recorded Webinar) (1hr)

This webinar makes a case for procedural preparation and how incorporating it into your care can improve patient readiness, reduce anxiety and actually save time in the longer term. It is preparatory for session 4.

### Session 4 - Preparing Children for Procedures (2 hrs)

A large part of the Nurse's role is preparing the child and their family for potential scary and or painful procedures. The use of comfort positioning and distraction techniques are paramount to the success of many medical procedures. In this session, you will learn how to adequately prepare a child for a range of procedures using age-appropriate language. You will also learn how to tailor a comfort position according to each individual's needs and select methods of distraction to align their developmental stage.

## DAY 4

30 OCT 2019 | PUERTO VALLARTA, MEXICO



**0900 - 1800:** Smaller and more subdued than Acapulco, Puerto Vallarta has retained a good deal of its small village charm along with 26 miles of spectacular beaches along the Banderas Bay. Stroll the cobblestone streets to the Church of Our Lady of Guadalupe. Or peruse the many local wares for sale at the open-air markets.

#### Evening: Conference Open Forum

Meet with the Conference Conveners, Presenters and other delegates to reflect on the events of the day and discuss Nursing issues surrounding the paediatric care.

## DAY 5

31 OCT 2019 | MAZATLAN, MEXICO



**0800 - 1700:** Combine a first-class beach resort with a city with an illustrious, colonial past and you've got Mazatlan. Sip on some Margaritas and enjoy the authentic Mexican cuisine. Take a drive along the foothills of the Sierra Madre Mountains. Then visit the many shops offering local crafts.

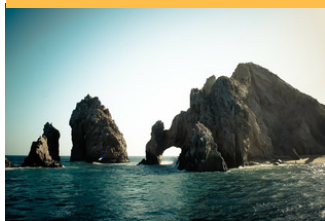
#### Evening: Conference Open Forum

Meet with the Conference Conveners, Presenters and other delegates to reflect on the events of the day and discuss Nursing issues surrounding the paediatric care.



## DAY 6

1 NOV 2019 | CABO SAN LUCAS, MEXICO



**0700 - 1500:** Cabo's signature landmark is El Arco ("The Arch"), a rock formation at the tip of "Land's End." The jewel of the Baja Peninsula is famous for its world-class sportfishing, as well as its high-end resorts and exclusive gated communities that line an area simply called "The Corridor."

**1800-1900: Conference Session - Trivia Night | Venue: TBA**

Come and join us and test your paediatric knowledge in a friendly and collegial environment.

## DAY 7

2 NOV 2019 | AT SEA | CPD: 6 HRS

### Session 1 - Bedside Play Spaces for Children (2 hrs)

With play being an important aspect of a child's life and a great stress relief for a child, it is important that play is encouraged within the clinical setting. By thinking purposefully about the child's bed space, therapeutic play can be encouraged leading to a deeper, more informed healthcare experience.

### Lunch

### Session 2 - Create and Personalise a Puppet to use in your Clinical Setting (3 hrs)

Puppets can provide a rich play experience for the child in the healthcare setting. They can be used to help throughout all stages of the healthcare system from preparation to closing of a healthcare interaction. In this session, you will design and make your own puppet to take home with you to your clinical setting and practice using your puppet to facilitate playful communication between the puppet and your patient.

### Session 3 - Conference Wrap up and Q&A (1hr)

**Evening:** Take this opportunity to enjoy complimentary Drinks and Canapes function as the conference draws to a close and we say farewell to new friends and colleagues - safe travels home. (Venue and Time TBA)



## DAY 8

3 NOV 2019 | DISEMBARK LOS ANGELES, CALIFORNIA



**0800:** Arrive and disembark in the City of Angels - safe travels!

# ENQUIRIES

## BOOKINGS

**Education at Sea | 02 6674 2577 | [enquiries@educationatsea.com.au](mailto:enquiries@educationatsea.com.au)**

All enquiries and bookings regarding the travel component of this cruise including Conference registration are being handled by the friendly team at Education at Sea

Contact Helen or Jason if you have any questions.



## EDUCATION

**The Nurses for Nurses Network | 07 4151 3884 | [info@nursesfornurses.com.au](mailto:info@nursesfornurses.com.au)**

All enquiries regarding the education component of this cruise including the Conference program, CPD sessions and Presenters are being handled by the Nurses for Nurses Network.

Contact us if you have any questions.

# THE FINER DETAILS

## REGISTRATION

### Conference Registration Cost: \$990.00

#### What's Included:

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#### What's Not Included:

- Travel costs
- Cabin costs
- Travel insurance

#### You don't have to worry about -

- Housework
- Cooking
- The Boss

## DISCLAIMER

Disclaimer: The opinions and statements of facts expressed by the Presenters in these proceedings are those of the Presenters and do not necessarily represent those of the Nurses for Nurses Network, the editors, the organising committee or the supporters of this Study Tour. No responsibility can be accepted by the Study Tour organisers for errors or omissions in the individual presentations. Sessions are correct at time of publication. Sessions are subject to change without notice due to circumstances beyond the control of the Conference organisers.

## ADVICE

*The Nurses for Nurses Network strongly recommends customers take out travel insurance at the time of registration for an event, to cover any unforeseen circumstances that may prevent them attending and thus incur any financial loss.*