

Schedule of Events

Thursday, October 6, 7pm - Dad's Night Out, Union Street Public House

Friday, October 7, 9am-3pm - Tours of DC Monuments and/or Museums

Friday, October 7, 5:30-7:30pm – Meet & Greet/Registration, Embassy Suites Lobby

Saturday, October 8 – 16th Annual At-Home Dads Convention, GW Middle School

1005 Mount Vernon Ave., Alexandria, VA **GW2 Entrance**

8:15am – Late Arrival Registration, Outside Room 348, Training Room (follow signs)

8:30am – **WELCOME AND INTRODUCTIONS**, Room 348, Training Room

8:45am – **FEATURE PRESENTATION**, Room 348, Training Room

“Listening to our Wives” by Dr. Aaron Rochlen, Univ. of Texas - Austin

10:00am – Break-out Session 1

Room 348A: Listening to our Wives OPEN FORUM by Dr. Marianne Dunn

Room 348B: Redefinition of Dad: Moving the Conversation Forward

Room 344: “Let’s Move” America’s Move to Raise a Healthier Generation

Room 342: Get Involved with Daddyhome

11:00am – Break-out Session 2

Room 348A: At Home Work-Outs for At-Home Dads

Room 348B: Be a Good Sports Parent

Room 344: Every Child Ready to Read

Room 342: “Let’s Go Again!” Visiting Art Museums, Learning for Fun

12:00pm – **LUNCH**, Room 348, Training Room

1:00pm – AGE-BASED OPEN FORUMS

Room 348A: Infants & Toddlers

Room 348B: Preschool

Room 344: Elementary School

Room 342: Middle & High School

2:00pm – Break-out Session 3

Room 348A: Developing Self-Esteem in Children, **Dr. Rene Hackney**

Room 348B: Safe Routes to School - For the Health of it

Room 344: MyPlate Dietary Guidelines and Nutrition for Kids and Families

3:00pm – Break-out Session 4

Room 348A: Discipline Techniques: Choices and Consequences, **Dr. Rene Hackney**

Room 348B: Keeping our Kids Safe from Abduction and Exploitation

Room 344: Depression and Dads

Room 342: Starting and Developing an At-Home Dads Group

4:00pm – **DADDYSHOME ANNUAL MEETING**, Room 348, Training Room

4:30pm – **CONVENTION WRAP-UP**, Room 348, Training Room

Slide Show, Anecdotes, Prizes and Next Convention in Washington D.C.

5:30pm – President’s Reception, Embassy Suites (Invitation Only)

7:00pm – Convention Dinner, Joe Theismann’s Restaurant, 1800 Diagonal, Alexandria