



Spotlight Speakers

Friday, April 13



South Hall

Little Theater

“Curing Adulthood: Your Prescription for Less Stress and More Success”

“Touchpoints: Building Families, Strengthening Communities”

Jason Kotecki, CSP, BA, Founder of Escape Adulthood, Madison, WI

Joshua Sparrow, MD, Director, Brazelton Touchpoints Center, Boston, MA

Adulthood is an epidemic that is coming hard after us every single day. It can infiltrate even the best working environments, producing stress and instigating burn-out. Left unchecked, Adulthood will eat your productivity, teamwork, and morale alive. Surrender need not be an option, however. In this light-hearted but hard-hitting program, Jason will arm your people with the fresh perspective they need to reclaim their passion and create a better harmony between work and home. He provides witty observations, humorous anecdotes, and real-world techniques that will entertain and inspire the audience to live a richer, more balanced life. They'll learn easy, practical tips for bringing more fun and less stress to the job at hand, contributing to a work environment that's more enjoyable and engaging for themselves AND those they serve. Adulthood may be a formidable foe, but Jason can help you annihilate it.

Raising children has always been stressful, but today's families face more challenges than ever before. Home visitors, family child care providers, center based early education providers, and preschool can help support families of infants, toddlers, and preschoolers. Rising costs in the face of stagnating wages; lack of affordable, quality child care for parents who work outside the home; and fragmented communities are facts of life which negatively affect us all. The paths which we know help children thrive and families succeed in the midst of these challenges—strong emotional bonds with adults in a child's early years, children who enter school ready to learn and access to education, jobs that pay livable wages, affordable health care, quality child care, and thriving community support systems – are eroding faster than we can rebuild them.

A master at exposing the rules that don't exist that limit our success, Jason uses his extraordinary artistic gifts, combined with humor and memorable storytelling, to spark intentional thinking that leads people to become more engaged and resilient in times of continuous change. Attendees always leave affirmed and encouraged, with a renewed energy to implement all of the new ideas Jason will share.

Joshua Sparrow, M.D., DFAACAP, is director of the Brazelton Touchpoints Center in the Division of Development of Medicine at Boston Children's Hospital, where he also holds an appointment in Department of Psychiatry. At the Brazelton Center, his work has focused on cultural adaptations of family support programs, organizational professional development, cross-sector collaboration, and aligning systems of care with community strengths and priorities.