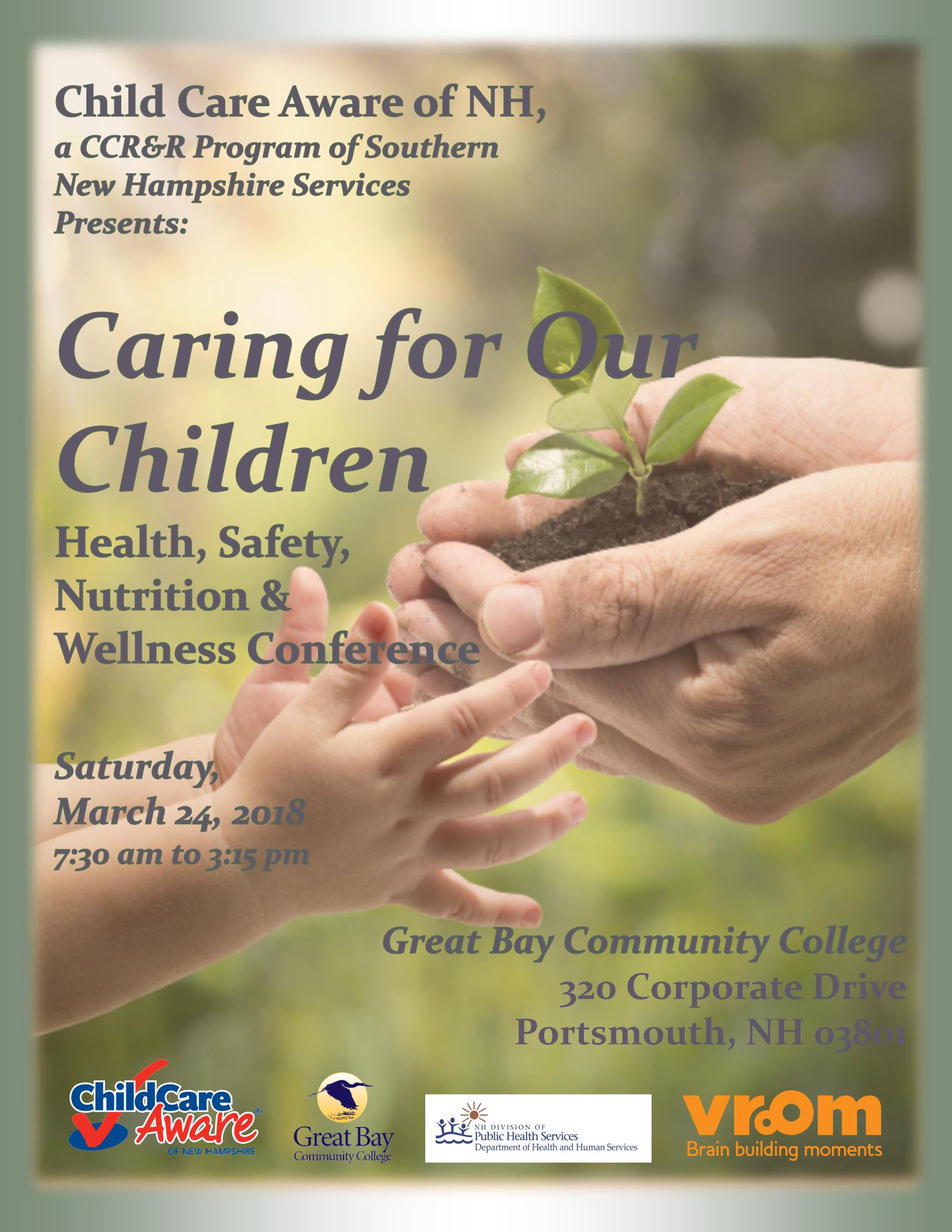


**Child Care Aware of NH,**  
*a CCR&R Program of Southern  
New Hampshire Services*  
**Presents:**

# *Caring for Our Children*

**Health, Safety,  
Nutrition &  
Wellness Conference**

**Saturday,  
March 24, 2018  
7:30 am to 3:15 pm**



**Great Bay Community College**  
320 Corporate Drive  
Portsmouth, NH 03801



# Keynote Speaker



## Tessa McDonnell, ECMPWT

### Child Care Aware® of New Hampshire's “Caring for Our Children” Conference

Child Care Aware of New Hampshire is pleased to provide this full day conference specifically devoted to health, safety, nutrition, development and wellness topics to assist child care programs, early childhood professionals and administrators in enhancing and improving their health, safety and nutrition practices. All training sessions from this conference may be used to satisfy the hours of professional development required in the NH Child Care Program Licensing Rules. All sessions may be used to satisfy the three (3) hours in health and safety training that must be part of the total hours of professional development required yearly.

**NEW this year,** Child Care Aware of NH will be offering participants an option to purchase a bag lunch. Check out the lunch section of the brochure for more details

Participants will partake in a Keynote Presentation: ***Making Connections: Seeing How the Pieces Fit Together*** with Tessa McDonnell, ECMPWT in the morning. Then, participants will have the opportunity to select from a wide range of training topics to assist them in creating healthy, safe and nutritional environments for the children and families they provide care for. A total of 15 trainings will be offered in addition to the Keynote. Each session has been categorized for those wishing to take a “Training Track” that is specific to one area of focus. “Training Tracks” include Health, Safety, Nutrition, Development and Wellness. Some tracks may consist of more than one area of focus. Some sessions have been duplicated to ensure that participants have equal access to trainings offered. **This conference will award participants up to 6 hours of professional development**, including a Welcome Address and networking time.

### Keynote Speaker: Tessa McDonnell, ECMPWT

**Keynote Bio:** Tessa McDonnell began as a Head Start Lead Teacher in 1969 and earned a master's degree in Early Childhood Education from UNH. She spent 5 years in public elementary schools with children in grades 1 - 3 (multi-aged combined classrooms). Tessa then worked in higher education administration at Granite State College in varying roles for 38 years. She has pursued her advocacy for children and families by serving on committees and Board positions for NHAEYC, the NH Child Care Advisory Committee, the Bureau of Child Development and Head Start Collaboration, the NH Association for Infant Mental Health, and Spark NH. She retired from full time employment a few years ago and currently is a Senior Lecturer in Early Childhood Education at Granite State College. She continues to devote time working on behalf of children providing training, teaching, and ongoing volunteer work. Her guiding principles: “The formative years for young children are precious, working with teachers and families I strive to support the critical roles they have. Ever increasing research on brain development demonstrates the necessity of providing safe, secure, and stimulating environments for infants and children. The more we learn, the better we are.”





## **CONFERENCE SCHEDULE**

**REGISTRATION  
7:30 to 8:00 am**

**WELCOME  
8:00 to 8:15 am**

**KEYNOTE  
8:15 to 9:15 am**

**SESSION 1  
9:30 to 11:00 am**

**LUNCH  
11:00 am to 12:00 pm**

**SESSION 2  
12:00 to 1:30 pm**

**SESSION 3  
1:45 to 3:15 pm**

## **Keynote Address: Making Connections: Seeing How the Pieces Fit Together**

**Keynote Address:** The NH Early Learning Standards (ELS) are a benchmark for celebrating children's development. Since their introduction over a year and a half ago teachers and early childhood professionals have begun to embrace them as a tool to observe children, build curriculum, and develop effective teaching and learning strategies. Through the exploration of critical learning domains, indicators of progress provide us with the knowledge we need to provide challenging opportunities and engaging environments for each child in our care. However, these Standards don't stand alone. If we look closely and reflect on other expectations in the field we can weave threads that create a vibrant pattern of strong professional practice.

This presentation will pose some questions and explore possible answers about how other statewide initiatives and issues confronting children, their families, and our workforce ultimately relate to early learning. For example, what does the Early Childhood Professional Development System credentialing process have in common with aspects of the ELS? How does recognizing the experience and qualifications of the workforce affect supporting child development? Why would teachers want to spend the time and effort to seek a credential?

Staff in programs have been watchful and are following changes in NH Child Care Licensing Regulations. Some are concerned with the state overreaching in setting new expectations for challenging behavior and suspension/expulsion or monitoring "screen time". Why? Do any of these rules have a connection to what we know about children's brain development?

More and more the opioid crisis impacts young children. Beyond the horrific cases of parents overdosing with their child present, are the increasing stories of the stress and trauma brought on by children experiencing abuse and neglect. When these children come to our centers what do we see? How can we help them and provide an environment that is safe for all children? How do our interactions with children using the Standards improve the quality of our programs?

We will explore how the Standards apply to our work in a larger context and most importantly to the healthy development of every child, every day.



*This conference will award participants up to six (6) hours of professional development, including a Welcome Address and networking time.*

All training sessions from this conference may be used to satisfy the hours of professional development required in the NH Child Care Program Licensing Rules. All sessions may be used to satisfy the three (3) hours in health and safety training that must be part of the total hours of professional development required yearly.

**\*Please note:** All our trainers are either credentialed as an Early Childhood Master Professional Workshop Trainer (ECMPWT), Early Childhood Master Professional Allied Professional (ECMPAP), Early Childhood Master Professional Program Consultant (ECMPPC) or have a degree or background that qualifies them to provide training that is accepted by NH's Child Care Licensing Unit and/or for credentialing purposes. For more information on credentialing, visit <http://www.dhhs.nh.gov/dcyl/cdb/documents/earlychildhood.pdf>.



## **Session 1, 9:30 to 11:00 am**

### **1A HEALTH/SAFETY**

#### **Strengthening Families Experiencing Homelessness**

Early childhood professionals provide protection, guidance and love to children every day but there are generational interactions that need to happen with the parents of children whose lives have been disrupted by homelessness. The session will discuss the process of homelessness and the hidden obstacles that they face, the ways in which these impact children and some steps to help early childhood providers who are often caught in the middle.

**Trainer:** Patti Frew-Water, Executive Director of Seacoast Family Promise

**Core Knowledge Area:** Promoting Child Growth & Development

### **1B HEALTH/SAFETY/NUTRITION**

#### **Food Allergies in a Nutshell**

A review of common food allergies in children, including information regarding the diagnosis of food allergies and standard treatment strategies.

**Trainer:** Dr. Grandgeorge MD, Retired Allergist

**Core Knowledge Area:** Promoting Child Growth & Development

### **1C HEALTH/WELLNESS/DEVELOPMENT**

#### **Difficult Conversations with Families**

It is difficult to have challenging and uncomfortable conversations with families. This session will focus on the questions: What are your concerns? How do you address them? What do parents think? This session will also include strategies for guiding those difficult conversations, follow up and supports.

**Trainer:** Jen Doris, ECMPWT

**Core Knowledge Area:** Promoting Child Growth & Development

### **1D HEALTH/WELLNESS/ASSESSMENT**

#### **Teaching from the Child's Perspective: The Art of Formative Assessment**

Teaching from the Child's Perspective is an interactive workshop. It provides basic information about the uses of ongoing observation as part of enhancing and developing an approach to formative assessment in the classroom. When we understand what children are thinking, feeling and experiencing, we can develop intentional teaching strategies that enhance classroom practice and learning environments. Participants will develop an understanding of formative assessment practices, sharpen their observation approaches and explore resources in an effort to build their assessment tool box.

**Trainer:** Jessica Sugrue, ECMPWT

**Core Knowledge Area:** Promoting Child Growth & Development



*Interested in purchasing a bag lunch when you register for this training?*

NEW this year, Child Care Aware of NH is offering participants the option to purchase a bag lunch during online registration. Check out the lunch options page for more details!



## Session 1, 9:30 to 11:00 am

### 1E HEALTH/SAFETY

#### Injury 101

Come learn about the basics of Injury Prevention for children during this session. Discover some simple techniques for improving childhood safety and for sharing those with parents. Part of this time will be dedicated to child passenger safety, the second leading cause of unintentional injury to kids under 8 and a topic of much concern. There will be limited time at the end for questions and answers.

**Trainer:** James Esdon, Program Coordinator, Safe Kids New Hampshire Mary Hitchcock Memorial Hospital and Dartmouth-Hitchcock Clinic

**Core Knowledge Areas:** Developing as a Professional and Promoting Child Growth & Development

## Session 2, 12:00 to 1:30 pm

### 2A HEALTH/WELLNESS

#### DE-stress your Day – Help for Teachers Everywhere!

It may surprise you to know that choices we make and how we view a situation can completely change the outcome. Learning how to respond vs. reacting can lead to less stress in all areas of our life! Small shifts can bring big changes to your day. Join us for a workshop to help identify areas of stress and learn how to let go and incorporate simple techniques to create a stress-free day!

**Trainer:** Dee Dee Thurber, ECMPWT

**Core Knowledge Area:** Developing as a Professional

### 2B HEALTH/SAFETY

#### Emergency Preparedness

This training with Gregg Champlin, School Emergency Planning Specialist, is your opportunity to enhance your Emergency Preparedness plan. All New Hampshire programs are required by Child Care Licensing to have plans in place to ensure the safety of children and staff. This training will review the types of hazards, six Response Actions and the Incident Command System.\* Participants are encouraged to complete the course IS100SC, *An Introduction to the Incident Command System for Schools* online at <http://training.fema.gov/EMIWeb/is/is100sca.asp>

**Trainer:** Gregg Champlin, School Emergency Planning Specialist

**Core Knowledge Areas:** Developing as a Professional and Promoting Child Growth & Development

**Disclaimer Statement:**

Caring for Our Children: National Health and Safety Performance Guidelines for Early Care and Education Programs is a publication offered through the National Resource Center for Health and Safety in Child Care and Education (NRC), American Academy of Pediatrics (AAP) and the American Public Health Association (APHA). This publication is affiliated with the "Caring for Our Children: Health, Safety, Nutrition and Wellness" Conference in part by name and topic areas only and is not directly endorsed or affiliated with the NRC, AAP or APHA. The conference, publication and these associations share in the spirit of supporting early care and education programs and their efforts to promote healthy, safe and nutritional practices in their early learning environments only.

A print version of the publication is available for printing [http://cfoc.nrckids.org/WebFiles/CFOC3\\_updated\\_final.pdf](http://cfoc.nrckids.org/WebFiles/CFOC3_updated_final.pdf) or for purchase at <http://cfoc.nrckids.org> and Child Care Aware of NH would encourage you to use this publication as a supplementary resource to promote healthy, safe and nutritional practices in your work with children, families and program staff.



## **Session 2, 12:00 to 1:30 pm (Continued)**

### **2C HEALTH/WELLNESS/DEVELOPMENT**

#### **Difficult Conversations with Families**

It is difficult to have challenging and uncomfortable conversations with families. This session will focus on the questions: What are your concerns? How do you address them? What do parents think? This session will also include strategies for guiding those difficult conversations, follow up and supports.

**Trainer:** Jen Doris, ECMPWT

**Core Knowledge Area:** Promoting Child Growth & Development

### **2D HEALTH/SAFETY**

#### **Period of PURPLE Crying Awareness Training**

Learn more about the Period of PURPLE Crying so that you can support the parents of infants with whom you interact. This presentation will increase your awareness about this developmental stage of increased crying, ways to cope with it, and the dangers of reacting to the crying in frustration. Parents of 96% of the babies born in NH are learning about PURPLE Crying when they give birth. If you work with these families, you need to know about it too! The Period of PURPLE Crying is an evidence-based infant abuse prevention program that educates parents about a developmental phase of increased infant crying. New Hampshire Children's Trust leads the effort to bring information about the Period of PURPLE Crying to parents by providing technical assistance to hospitals to implement the program, supporting community based providers in reinforcing the program's message, and spreading the word through coordinating public awareness. The program employs a triple dose strategy to introduce, reinforce, and promote the messages of the program. A question and answer period has been added for informational purposes.

**Trainer:** Maria Doyle, ECMPWT, NH Children's Trust

**Core Knowledge Areas:** Building Family & Community Relationships and Promoting Child Growth & Development





## **CONFERENCE SCHEDULE**

### **REGISTRATION**

**7:30 to 8:00 am**

### **WELCOME**

**8:00 to 8:15 am**

### **KEYNOTE**

**8:15 to 9:15 am**

### **SESSION 1**

**9:30 to 11:00 am**

### **LUNCH**

**11:00 am to 12:00 pm**

### **SESSION 2**

**12:00 to 1:30 pm**

### **SESSION 3**

**1:45 to 3:15 pm**



## **Session 2, 12:00 to 1:30 pm (Continued)**

### **2E HEALTH/DEVELOPMENT**

#### **Making Connections: A Further Analysis**

Building on the keynote session, we will look more closely at specific aspects of the Early Learning Standards and the Early Childhood Specialized Workforce Competencies with a focus on Social Emotional growth. Participants will also connect with tools for early childhood educators including Licensing Regulations for child guidance and the Pyramid Model for promoting Social Emotional growth. How well we understand the interrelationships of our standards and the tools we have available to foster healthy development will mark our effectiveness with children. This interactive session will involve self - reflection and thoughtful planning for implementing change.

**Trainer:** Tessa McDonnell, ECMPWT

**Core Knowledge Area:** Promoting Child Growth & Development

## **Session 3, 1:45 to 3:15 pm**

### **3A HEALTH/WELLNESS**

#### **Using Yoga to Create Harmony in Your Classroom**

Studies show that yoga can benefit children by increasing flexibility, balance and coordination. Yoga can also relieve stress and anxiety in children. It helps children stay focused at different tasks and helps with concentration in their learning. Yoga can help children with some of the most extreme behavioral challenges be calmer, more focused and happier. Participants of this workshop will learn songs, games, activities and breathing techniques that are developmentally appropriate and can be used to create harmony and peace in your classroom environment.

**Trainer:** Debbie Verdicchio, ECMPWT

**Core Knowledge Areas:** Teaching & Learning and Promoting Child Growth & Development

### **3B HEALTH/NUTRITION/WELLNESS**

#### **Making Food Fun: Nutrition and Healthy Eating for Children**

You can help to make eating nutritious, good for kids and fun too! This workshop will provide the A, B, and C's of nutrition, food and physical activity to keep children healthy. Learn some practical strategies you can implement right away. In addition to healthier meals, creative activities that introduce learning about nutrition and food will be shared to raise a generation of adventurous eaters will be shared.

**Trainers:** Debbie Luppold, MS, RD, LD, UNH Cooperative Extension Specialist and Robin Peters, M.Ed, DTR, UNH Cooperative Extension Field Specialist

**Core Knowledge Area:** Promoting Child Growth & Development

## **Conference Contributors**

Child Care Aware of NH would like to acknowledge the following organizations and groups who are collaborating and contributing to the success of this event:

**Bureau of Child Development and Head Start Collaboration  
Dartmouth Hitchcock Clinic  
Child Care Licensing Unit  
Division of Children, Youth & Families  
Division Public Health Services  
Great Bay Community College  
Mary Hitchcock Memorial Hospital  
Maternal and Child Health Section  
UNH Cooperative Extension**

Thank you for your support and contributions to promote healthy, safe and nutritional practices in early childhood settings!



## **Session 3, 1:45 to 3:15 pm (Continued)**

### **3C HEALTH/SAFETY**

#### **Child Care Licensing Question & Answer Session**

Come to this information training session and meet with Child Care Licensing Staff. **This is the perfect opportunity to ask all those questions about the rules you always wanted answers to. Hear what changes are in the revised rules adopted November 6, 2017.** Listen to how others successfully manage licensing requirements within their program. Leave with a confident and up-to-date understanding of licensing. These trainings are open to both afterschool and early childhood professionals.

**Trainer:** Tori Bullek and Kathleen Morneau, Child Care Licensing Unit

**Core Knowledge Areas:** Promoting Child Growth & Development and Developing as a Professional

### **3D HEALTH/DEVELOPMENT**

#### **Making Connections: A Further Analysis**

Building on the keynote session, we will look more closely at specific aspects of the Early Learning Standards and the Early Childhood Specialized Workforce Competencies with a focus on Social Emotional growth. Participants will also connect with tools for early childhood educators including Licensing Regulations for child guidance and the Pyramid Model for promoting Social Emotional growth. How well we understand the interrelationships of our standards and the tools we have available to foster healthy development will mark our effectiveness with children. This interactive session will involve self - reflection and thoughtful planning for implementing change.

**Trainer:** Tessa McDonnell, ECMPWT

**Core Knowledge Area:** Promoting Child Growth & Development

### **3E HEALTH/NUTRITION**

#### **NapSACC Self Assessments**

The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program is an obesity prevention intervention that aims to improve nutrition and physical activity environment, policies and practices of child care facilities. By using the NAP SACC materials, centers can develop an action plan that is uniquely their own and involves everyone in their center, including staff and families. The ultimate goal of the program is that policies are developed to make sure everyone is as healthy and active as possible. This training session will be a strict overview of the assessment process.

**Trainer:** Chris Casserly, ECMPWT

**Core Knowledge Areas:** Developing as a Professional and Promoting Child Growth & Development



## Important! Parking at Great Bay Community College

Please feel free to use available parking at Great Bay Community College when you arrive to the conference. Carpooling is encouraged.

\*To view a map of campus and campus parking: <http://greatbay.edu/campus-life/facilities/campus-map>

## Lunch Options



**NEW this year, BUY a BAG LUNCH when registering online:** CCAoNH is offering participants the option to purchase a bag lunch for **\$10.00**. Orders must be placed when registering for the conference. Preordering is required.



### Bag lunch sandwich options are as follows:

- Turkey
- Ham
- Roast Beef
- Vegetarian

The bag lunch will include a sandwich, bottle of water, chips, seasonal fruit and cookie. (Condiments for the sandwich will be on the side.)

**Looking to dine out?** Lunch options are plentiful in Portsmouth. Check out some local eateries for lunch options:

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• T.G.I Fridays</li><li>• Thai Paradise</li><li>• Bugaboo Creek</li><li>• Portsmouth Brewery</li><li>• Grill 28, Flatbread Pizza</li></ul> | <ul style="list-style-type: none"><li>• The Roundabout Diner &amp; Lounge</li><li>• Panera Bread</li><li>• Applebee's</li><li>• Portsmouth Book &amp; Bar</li></ul> |
|--|---|

With only an hour for lunch,  
you may want to plan your route and meal plan early.

## Hotel Accommodations

Looking to make this event a staff retreat or weekend away? Consider the below options of potential accommodations in the area.

- Anchorage Inn & Suites, 40 Woodbury Avenue, Portsmouth, 03801, (800) 491-6126, <http://www.anchorageinns.com>.
- Best Western Plus, 580 US Highway 1 Bypass, Portsmouth, 03801, (866) 925- 8648, <http://www.bestwestern.com/>
- Hampton Suites, 23 Portwalk Pl, Portsmouth, 03801, 1-866-767-0278, <http://hamptoninn3.hilton.com/en/index.html>.
- Holiday Inn Portsmouth, 300 Woodbury Avenue, Portsmouth, 03801, (855) 239-9227, <http://www.holidayinn.com/>
- Wentworth By the Sea, 588 Wentworth Road, New Castle, 03854, (603) 422- 7322, <http://www.wentworth.com/>



## **Registration Information**

**Cost: \$35**

To register, click on [www.snhscrr.eventbrite.com](http://www.snhscrr.eventbrite.com) or copy and paste this link to your web browser. Registration is online only and pre-registration is required.

This event is being held at a minimal cost to participants and registration is online. If you register and then are not able to attend, please contact Child Care Aware® of New Hampshire and we will cancel your registration. **Please note that registration fees are non-refundable and space is limited.** If you have questions about this event, please contact Child Care Aware® of New Hampshire's toll free line at 1-855-393-1731, ext. 32. Once you register, you will receive a confirmation email with a ticket. Please bring this ticket to the event and present it when signing in.

Child Care Aware of New Hampshire will be adding trainings and conferences taken through Eventbrite into the NH Professional Registry. If you register for this conference, Child Care Aware of New Hampshire staff will be adding this training to your Registry record and you will have it available on your Training Transcript once you complete the training. You will receive a confirmation email from Eventbrite with your ticket that you are registered and you will also receive an email from the Registry indicating that you are enrolled. If you have questions about this, please contact our toll free line, at 1-855-393-1731, ext. 32 or one of our regional outreach offices.

For more information about our services visit our agency site at [www.snhs.org](http://www.snhs.org) or check us out on Facebook and "Like Us" at Child Care Aware of New Hampshire. We look forward to seeing you!



**Cost: \$35**

*(Lunch available for additional \$10.00, must be preordered)*

*See page 9 for details.*

**Register Online: [www.snhscrr.eventbrite.com](http://www.snhscrr.eventbrite.com)**

**Questions? Call Toll Free: 1-855-393-1731, ext. 32**

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