

**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,
January 28, 2017
8:30am to 4:30pm***



**Keene State College
229 Main Street
Keene, NH 03431**





CONFERENCE SCHEDULE

REGISTRATION
8:30 to 9:00am

WELCOME
9:00 to 9:15am

KEYNOTE
9:15 to 10:15am

SESSION 1
10:30am to 12:00pm

LUNCH
12:00 to 1:00pm

SESSION 2
1:15 to 2:45pm

SESSION 3
3:00 to 4:30pm



Prudence Pease
Keynote Speaker

Child Care Aware® of NH's "Caring for Our Children" Conference

Child Care Aware® of New Hampshire, a Child Care Resource and Referral Program of Southern New Hampshire Services, is pleased to provide this full day conference specifically devoted to health, safety, nutrition and wellness topics to assist child care programs, early childhood professionals and administrators in enhancing and improving their health, safety and nutrition practices.

Participants will partake in a Keynote Presentation: "**Bridges of Poverty: Strategies for Professionals and Communities**" with Keynote Speaker, Prudence Pease in the morning and 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 18 trainings are being offered and each one 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 and Wellness and 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.

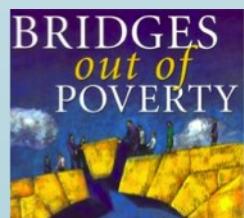
Keynote Speaker

Prudence Pease, Keynote Speaker

Keynote Bio: Prudence Pease created a career dedicated to advancing the lives of others in her community and the state of Vermont. Prudence began this journey serving as a community leadership facilitator and later as a community coordinator. She went on to work as a peer navigator with the Federation of Families for Children's Mental Health. Prudence is a certified Bridges Out of Poverty facilitator and has trained more than 5,000 individuals in Bridges work, including human service providers, HR professionals, and employers. Prudence is a graduate of the Vermont Leadership Institute. She is a highly sought-after speaker and currently contracts with United Way of Chittenden County and aha! Process.

Keynote Address: "Strategies for Professionals & Communities"

This session is being offered to promote reflection and a deeper understanding and awareness of the realities that families face with financial challenges and other barriers. Bridges Out of Poverty training provides the early childhood provider and the community member key lessons in working with individuals on poverty. Topics include increasing awareness of the differences in economic cultures and how those differences affect opportunities for success. Based on the book Bridges Out of Poverty: Strategies for Professionals and Communities, a collaboration with Ruby K. Payne, Phillip DeVol, and Terie Dreussi Smith. **Prudence Pease, Keynote Speaker, Certified Bridges Out of Poverty Facilitator, Graduate of Vermont Leadership Institute**



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Session 1, 10:30am to 12:00pm

Session 1A 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 online 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 and Development

Session 1B HEALTH/WELLNESS

Trauma-Informed Early Childhood Services (2-Part Training, Must register for 2B also)

The Community Health Institute is supporting the NH Department of Health and Human Services Maternal and Child Health Section and early childhood trauma experts affiliated with the Department of Psychiatry at Dartmouth to implement this training project for providers of early childhood services, including: child care, home visiting and health and mental services. This half day training assists early childhood professionals to recognize and address emotional and behavioral challenges that arise from trauma, and prepares them to create home and class environments that promote learning and development through safe and supportive relationships. This training will be presented by an approved trained professional with content expertise in this topic. Addresses some Intermediate and Advanced level competencies. **Participants must register for 2A and 3A to attend both sessions.**

Trainer: Tammi Stanwood, ECMPWT

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





Session 1, 10:30am to 12:00pm (Continued)

Session 1C HEALTH/WELLNESS

Introduction to Bridges Out of Poverty

This workshop is designed to take the constructs introduced in Bridges Out Of Poverty and challenge us to begin thinking about how they effect and influence our lives everyday. Time will be given during the workshop to think about changes that can be made to break down barriers that are sustaining poverty within an agency, organization, and community. Participants will learn more about: mental models, hidden rules, language experience and resources.

Trainer: Prudence Pease, Keynote Speaker, Certified Bridges Out of Poverty Facilitator, Graduate of Vermont Leadership Institute

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

Session 1D HEALTH/WELLNESS/NUTRITION

How Does Nutrition, Temperament, and Other Factors Tie into a ADD/ADHD Diagnosis

The rise of ADHD diagnoses raises many questions. How do the educational structures that require children to sit up straight and still for unreasonable periods of time while learning irrelevant content for much of that time, influence attention? Does a society that supports an accelerated rate of living and learning encourage impulsivity and hyperactivity? How does nutrition, temperament, and other factors tie into an ADD/ADHD diagnosis? This session will give alternatives to a diagnosis whose path leads right to medication.

Trainer: Megg Thompson, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

1E HEALTH/SAFETY

Recognizing and Reporting Abuse & Neglect

Did you know you are mandated to report suspected child abuse and/or neglect? Do you know who to call? Do you know what signs to look for? Or what happens after you call? Come join us for this informative workshop and get these questions and more addressed. Participants will have the opportunity to define child abuse and neglect and examine the impact of maltreatment on a child's development. Participants will learn how best to

respond to concerns about possible abuse and neglect and discover what their role is as a mandated reporter.

In collaboration with the Division for Children, Youth and Families.

Trainer: Patti Carbonero, DCYF

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

1F HEALTH/SAFETY

Child Care Licensing Rule Revision Q&A

The Child Care Licensing Rules are expiring May 2017. Come learn about the proposed changes, provide input, and have your questions answered about the rule revision process.

Trainer: Melissa Clement, Chief, Child Care Licensing Unit

Core Knowledge Area: Developing as a Professional





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 and Nutrition" 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/CFPC3-color-small.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, 1:15 to 2:45pm

2A 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 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

2B HEALTH/WELLNESS

Trauma-Informed Early Childhood Services (2-Part Training, Must register for 1B also)

The Community Health Institute is supporting the NH Department of Health and Human Services Maternal and Child Health Section and early childhood trauma experts affiliated with the Department of Psychiatry at Dartmouth to implement this training project for providers of early childhood services, including: child care, home visiting and health and mental services. This half day training assists early childhood professionals to recognize and address emotional and behavioral challenges that arise from trauma, and prepares them to create home and class environments that promote learning and development through safe and supportive relationships. This training will



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Session 2, 1:15 to 2:45pm (Continued)

be presented by an approved trained professional with content expertise in this topic. Addresses some Intermediate and Advanced level competencies. Participants must register for 1B and 2B to attend both sessions.

Trainer: Tammi Stanwood, ECMPWT

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

2C HEALTH/WELLNESS

Introduction to Bridges Out of Poverty

This workshop is designed to take the constructs introduced in Bridges Out Of Poverty and challenge us to begin thinking about how they effect and influence our lives everyday. Time will be given during the workshop to think about changes that can be made to break down barriers that are sustaining poverty within an agency, organization, and community. Participants will learn more about: mental models, hidden rules, language experience and resources.

Trainer: Prudence Pease, Keynote Speaker, Certified Bridges Out of Poverty Facilitator, Graduate of Vermont Leadership Institute

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

Session 2D HEALTH/SAFETY

Risk vs. Safety: There are things in this world that are dangerous but the world is not pervasively dangerous.

Come discuss what things we can let children experience, when they can take risks and when safety is our top priority. We will discuss everything from playground equipment to super hero play. This workshop will open your eyes to the need for appropriate risk, teachable moments, and why physical and emotional safety is important too.

Trainer: Megg Thompson, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

Session 2E HEALTH/WELLNESS

Breathe New Hampshire's *Asthma Care for Kids™*

Breathe New Hampshire's *Asthma Care for Kids™* program is helping child care providers, teachers, parents and coaches to better understand asthma. This workshop is an "asthma 101" presentation for adults who work with children or young people.

The program helps participants learn about the basics of asthma, such as what it is and what causes it, asthma triggers and how to avoid or reduce them, how indoor air affects our breathing, common myths about asthma, how to recognize asthma warning signs, how best to manage the disease, asthma medicines and what they do. The program also provides practical tips for maintaining a healthy breathing environment for all children - in a child care setting, at school, or in the home, handouts and educational material, as well as resources for learning more

Trainer: Allyssa Thompson, Director of Programs, Breathe New Hampshire

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



This conference will award participants up to 6 hours of professional development, including a welcome address and networking time.



Session 2, 1:15 to 2:45pm (Continued)

2F HEALTH/SAFETY

Child Care Licensing Rule Revision Q&A

The Child Care Licensing Rules are expiring May 2017. Come learn about the proposed changes, provide input, and have your questions answered about the rule revision process.

Trainer: Melissa Clement, Chief, Child Care Licensing Unit

Core Knowledge Area: Developing as a Professional

Session 3, 3:00 to 4:30pm

3A HEALTH/WELLNESS

Infant Mental Health- What Is It and Why Is It Important?

Early Childhood professionals have an important role in supporting the mental health and wellbeing of infant and toddlers. This workshop will begin by presenting a definition and overview of infant mental health. Next the importance of early relationships for healthy brain development and the role of secure attachments and self-regulation for infant mental health will be highlighted. Practical strategies for recognizing infant stress signals and promoting infant mental health will be a focus of the workshop.

Trainer: Thom Linehan, ECMPWT

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

3B HEALTH/SAFETY

Childhood Lead Poisoning in NH: What Early Childhood Educators Need to Know

Each year close to 1000 children in New Hampshire are poisoned by lead and experience blood lead levels known to impair cognitive development and cause behavior problems. An overview of childhood lead poisoning in New Hampshire and the effects of even low-level lead exposure have on the brain's learning systems identified in study after study will be provided during this collaborative. Early childhood educators will develop an





Session 3, 3:00 to 4:30pm (Continued)

understanding of lead's 'Neurobehavioral Signature' -- significant negative impact on cognitive ability, speech and language, hearing, visual-spatial skills, attention, impulse control, social behaviors, emotional regulation, and motor skills-- that are irreversible and cause a life-time of consequences. Educational interventions for young children affected by lead and the importance having results required lead screening tests documented on school health forms.

Trainer: Gail Gettens, Health Promotion Advisor, Healthy Homes and Lead Poisoning Prevention Program

Core Knowledge Area: Developing as a Professional

3C HEALTH/WELLNESS

Introduction to Bridges Out of Poverty

This workshop is designed to take the constructs introduced in Bridges Out Of Poverty and challenge us to begin thinking about how they effect and influence our lives every day. Time will be given during the workshop to think about changes that can be made to break down barriers that are sustaining poverty within an agency, organization, and community. Participants will learn more about: mental models, hidden rules, language experience and resources.

Trainer: Prudence Pease, Keynote Speaker, Certified Bridges Out of Poverty Facilitator, Graduate of Vermont Leadership Institute

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

3D HEALTH/WELLNESS/NUTRITION

How Does Nutrition, Temperament, and Other Factors Tie into a ADD/ADHD Diagnosis

ADD/ADHD: The rise of ADHD diagnoses raises many questions. How do the educational structures that require children to sit up straight and still for unreasonable periods of time while learning irrelevant content for much of that time, influence attention? Does a society that supports an accelerated rate of living and learning encourage impulsivity and hyperactivity? How does nutrition, temperament, and other factors tie into an ADD/ADHD diagnosis? This session will give alternatives to a diagnosis whose path leads right to medication.

Trainer: Megg Thompson, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

3E HEALTH/SAFETY

Working with Homeless Youth

This training will focus on our homeless youth. During this discussion, we will learn more about the impact of homelessness on children and how you can lessen that impact, find out how the McKinney Vento Act affects young children, and discover how challenging behavior and homelessness can go hand in hand.

Trainer: Cathy Pellerin, ECMPWT

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

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

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Important! Parking at Keene State College

Please feel free to use the following parking lots at Keene State College when you arrive to the conference:

- **Faculty/Staff Parking** - (designated by a red F/S logo on parking lot signage. Closest lots to event: Off Wyman Way and Main Street
- **Commuter Parking** - (designated by a yellow CC logo on parking lot signage. Off Winchester St. and Madison St.
- **Visitor's Lot Parking** - Adjoining Campus Safety off Main St. and Wyman Way
- **Winchester St. Lot** - Overflow, satellite lot near Wal-Mart & McDonald's on Winchester St.

Absolutely **NO parking in any of the Residence Hall lots (Pondside 2 & 3 and Owls Nest)*

Interactive map of campus and campus parking: <http://www.keene.edu/campus/maps/college/>

Lunch Considerations?

Lunch options are plentiful in Keene. The Zorn Dining Commons at Keene State College will be open for lunch and features a lunch buffet at a minimal cost of \$8.00. You can bring a bagged lunch or head downtown for lunch at one of the many restaurant options: Thai Garden, Athens Pizza House, Elm City Brewery, The Works Bakery Café, Pedraza's Mexican Restaurant, Subway, Panera Bread, D'Angelo's, Friendly's, etc. For the most bang for your buck, we'd encourage you to eat right onsite at the college and take advantage of the networking opportunities, take part in the exhibit and consider touring the child development center.

Hotel Accommodations

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

Best Western Plus Sovereign Hotel, 401 Winchester Street, Keene, 03431, (844) 239-7684, <http://www.bestwestern.com/?iata=00477153>

Courtyard Marriot, 75 Railroad Street, Keene, 03431, (603) 354-7900, <http://www.marriott.com/hotels/travel/mhtdt-courtyard-keene-downtown/>

Fairfield Inn & Suites, 30 Main Street, Keene, 03431, (603) 357-7070, <http://www.marriott.com/hotels/travel/mhtkn-fairfield-inn-and-suites-keene-downtown/?pid=corptbta&scid=b661a3c4-9c47-48c8-9e13-75b66089dd79>

Holiday Inn Express, 175 Key Road, Keene, 03431, (877) 859-5095, <http://www.ihg.com/holidayinnexpress/hotels/us/en/reservation/findandbook>

Check out what is happening in Keene at <http://ci.keene.nh.us/>.



Registration Information

Cost: \$35

To register, click on 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 at (603) 578-1386, ext. 32 or (603) 323-7091. Once you register, you will receive a confirmation email with a ticket. Please bring this ticket to the event upon sign-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 be getting a confirmation email from Eventbrite with your ticket that you are registered and will also be receiving an email from the Registry indicating that you are enrolled. If you have questions about this, please contact our Training & TA 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 or check us out on Facebook and "Like Us" at Child Care Aware of New Hampshire. We look forward to seeing you soon!



Cost: \$35

Register Online: www.snhscrr.eventbrite.com
Questions? Call Toll Free: 1-855-393-1731, ext. 32 or (603) 323-7091

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*For a sneak peek on conference planning "Like" us on Facebook at
"Child Care Aware of New Hampshire"*



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