

**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 25, 2017
7:30 am to 3:15 pm***



Great Bay Community College
320 Corporate Drive
Portsmouth, NH 03801





CONFERENCE SCHEDULE

REGISTRATION

7:30 to 8:00am

WELCOME

8:00 to 8:15am

KEYNOTE

8:15 to 9:15am

SESSION I

9:30 to 11:00am

LUNCH

11:00 to 12:00pm

SESSION 2

12:00 to 1:30pm

SESSION 3

1:45 to 3:15pm



**Cheryl Hovey MS, ECMPWT
Keynote Speaker**

Child Care Aware® of New Hampshire'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: "**Babies and Brains: Making Memories that Matter**" with Keynote Speaker, Cheryl Hovey 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.

Keynote Speaker Cheryl Hovey MS, ECMPWT

Keynote Bio: Cheryl Hovey is currently working as the Program Director for Early Childhood at Fisher College and is an Early Childhood Consultant, specializing in infant and toddlers. She has worked in the past for the University of Virginia at the National Center for Research on Early Childhood Education and has worked for the National Center for Children in Poverty, Columbia University. In addition she has worked at the Mailman School of Public Health, Research Connections as a Research Description Writer. She is also a CDA Advisor and one of the first CDA approved Professional Development Specialists in the State. She completed her undergraduate degree at Wheelock College in Human Development with a concentration in Child and Family Studies and her Master's Degree in Birth to Three: Development and Intervention as an Infant and Toddler Specialist.

Keynote Address- "*Babies and Brains: Making Memories that Matter*"

Do you ever wonder why you fear snakes? Why you cannot recall a memory? This session highlights both surprising and not-so-surprising information on the science behind the importance of healthy brain development. You have the amazing opportunity along with other caregivers to contribute to a child's optimal development. This session provides an easy to understand and fun overview of a baby's limbic system; their emotional nest. You will be inspired through the realization of how incredibly important you are in making a real difference!

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



Session 1, 9:30 to 11:00am

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 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/SAFETY

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 as well as 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 1B and 2B to attend either session.

Trainer: Jen Doris, ECMPAP

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





Session 1, 9:30 to 11:00am (Continued)

Session 1C HEALTH/WELLNESS

Mindfulness Education and Child Development

An orientation to the emerging field of mindfulness education and its relationship to positive child development. Connecting Mindfulness education to social/emotional skills, empathy, generosity, self-control, and healthy choices will be shared.

Trainer: Thom Linehan, ECMPWT

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

Session 1D HEALTH/WELLNESS

Babies and Brains: Stress, Trauma, Oh My!

This session will review the positives and negatives of stress and trauma and how they can impact early brain development. Participants will work together in small group activities to discuss ways in which they can reduce stress and provide optimal experiences to help parents and babies have effective coping mechanisms.

Trainer: Cheryl Hovey, MS, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

1E HEALTH/WELLNESS

Wellness Policies for Child Care Programs

Join us to talk about how child care programs can create wellness policies or improve their current policies. We will provide examples of nutrition and physical activity policies that New Hampshire child care programs have adopted and connect you with free nutrition and physical activity resources that can help you improve the policies and practices at your child care program. If you have a nutrition and/or wellness policy you are proud of at your child care program, feel free to come and share it with the group! As one New Hampshire child care director put it, "Kids form so many habits at these ages, it makes sense for us to make our center as healthy a place as possible." We will be practicing some fun physical activity breaks throughout the presentation to keep our brains ready to learn and share. Looking forward to seeing you!

Trainer: Scot Foster, B.S., ECMPAP, NH DHHS, Div. Public Health Services, Healthy Eating and Physical Active Section, Obesity Prevention Program

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



1F HEALTH/WELLNESS

Assessing Your Rules of Engagement: Strengths Based Assessment with Families in Program and Classroom Environments

Quality family engagement practices are central to our work with young children and families in classroom and program environments. But, where does it begin? How do you know if your approaches are effective and meaningful? Assessment can help! It begins with strengths based work with children and families-building capacity and protective factors known to optimize child development and growth, strengthen families and minimize occurrences of child abuse and neglect. (Continued on next page.)

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/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 1, 9:30 to 11:00am (Continued)****1F HEALTH/WELLNESS****Assessing Your Rules of Engagement: Strengths Based Assessment with Families in Program and Classroom Environments (Continued)**

Strengthening Families is a national initiative developed through the Center for the Study of Social Policy (CSSP) that provides a framework of protective factors and strategies to guide strengths based work with children and families. Come discover the Strengthening Families Assessment Tool offered as a free resource through the Center for the Study of Social Policy and other strategies for successful family work in classrooms and programs. During our time together we will look at what it means to be "strengths based", what are "rules of engagement" and the barriers to successful engagement, and the assessment tool, resources and opportunities to engage families and develop relationships that are meaningful, collaborative and that work!

Trainer: Jessica Sugrue, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

Session 2, 12:00 to 1:30pm**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. (Continued on next page.)





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SESSION 3

1:45 to 3:15pm

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

Period of PURPLE Crying Awareness Training (Continued)

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/SAFETY

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, as well as health and mental services. This half day training assists early childhood professionals to recognize and address emotional and behavioral challenges that arise from trauma, 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 1B and 2B to attend either session.

Trainer: Jen Doris, ECMPAP

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

2C 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 well-being 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

Session 2D HEALTH/WELLNESS

Babies and Brains: Taming the Temperament

This session will define what is meant by "temperament;" what research shows about it, and how this information can be used to optimize a child's growth and development. Participants will also discuss "goodness of fit" between teacher and children, and will explore learning styles and experiences to consider when planning.

Trainer: Cheryl Hovey, MS, ECMPWT

Core Knowledge Area: 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, 12:00 to 1:30pm (Continued)

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

2F HEALTH/WELLNESS/SAFETY

Nurturing Healthy Sexual Development (2-Part Training, Must Register for 3F also)

Ever wonder if a child's exploration is part of healthy sexual development or is it an indicator of something you should be concerned about. Join other professionals to discuss issues related to sexuality and child sexual abuse. Participants will better understand the sexual development of children and how to respond to children's sexual behaviors and questions in ways that promote healthy development as well as learning about the range of sexual behaviors and when and how to intervene and report suspected child abuse. Raising awareness about healthy vs. unhealthy sexual behaviors can be one strategy to prevent child sexual abuse.

Participants must register for 2F and 3F to attend both sessions.

Trainer: Lori Fowler, Certified Facilitator in Parenting Journey, Active Parenting, Zero to Three Curriculum and the Nurturing Parenting Programs

Core Knowledge Area: Promoting Child Growth & Development





Conference Contributors

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

*Breathe NH
Child Care Licensing Unit
Child Development Bureau
Division of Public Health Services
Division of Children, Youth & Families
Great Bay Community College
Lead Poisoning Prevention Program
Mother Nature, Thanks for Your Cooperation!
NH Children's Trust*

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

Session 3, 1:45 to 3:15pm

3A HEALTH/WELLNESS

Babies and Brains: Taming the Temperament

This session will define what is meant by "temperament;" what research shows about it, and how this information can be used to optimize a child's growth and development. Participants will also discuss "goodness of fit" between teacher and children, and will explore learning styles and experiences to consider when planning.

Trainer: Cheryl Hovey, MS, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

3B HEALTH/SAFETY

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

Each year close to 1,000 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 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 of 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/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 Area: Developing as a Professional and Promoting Child Growth & Development

3D HEALTH/WELLNESS/CURRICULUM

Using Yoga to Create Harmony in Your Classroom

Studies show that the benefits of yoga give children flexibility as well as helps with balance and coordination. Yoga can also relieve stress and anxiety in children. Yoga 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 more calm, focused and happy. (Continued on next page.)



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



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

3D HEALTH/WELLNESS/CURRICULUM

Using Yoga to Create Harmony in Your Classroom

Participants of this workshop will learn songs, games, activities and breathing techniques that are developmentally appropriate and that can be used to create harmony and peace in your classroom environment.

Trainer: Debra Verdicchio, ECMPWT, Child Care Aware of NH & Certified ChildLight Yoga Instructor

Core Knowledge Area: Promoting Child Growth & Development

Session 3E HEALTH/SAFETY

Reducing the Risk of SIDS and Sudden Unexpected Infant Death with Audrey Knight

This training will provide a review of Sudden Infant Death Syndrome and some of the causes of Sudden Unexpected Infant Death. Information regarding your role in carrying out the American Academy of Pediatrics' recommendations to reduce the risks and promote a safer sleep environment will be a focus of this training. A brief overview of what happens when an infant dies suddenly and unexpectedly in New Hampshire will be shared.

Trainer: Audrey Knight, RN, MSN, Child Health Program Manager and SUID/SDY Project Coordinator, NH Division of Public Health Services, Maternal and Child Health Section

Core Knowledge Area: Promoting Child Growth & Development

3F HEALTH/WELLNESS/SAFETY

Nurturing Healthy Sexual Development (2-Part Training, Must Register for 2F also)

Ever wonder if a child's exploration is part of healthy sexual development or is it an indicator of something you should be concerned about. Join other

professionals to discuss issues related to sexuality and child sexual abuse. Participants will better understand the sexual development of children and how to respond to children's sexual behaviors and questions in ways that promote healthy development as well as learning about the range of sexual behaviors and when and how to intervene and report suspected child abuse. Raising awareness about healthy vs. unhealthy sexual behaviors can be one strategy to prevent child sexual abuse.

Trainer: Lori Fowler, Certified facilitator in Parenting Journey, Active Parenting, Zero to Three Curriculum and the Nurturing Parenting Programs

Core Knowledge Area: 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 Considerations?

Lunch options are plentiful in Portsmouth. You can bring a bagged lunch or check out some local eateries for lunch at one of many options:

- T.G.I Fridays
- Thai Paradise
- Bugaboo Creek
- Portsmouth Brewery
- Panera Bread
- The Roundabout Diner & Lounge
- Grill 28, Flatbread Pizza
- Applebee's
- Portsmouth Book & Bar



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/>

Check out what is happening in Portsmouth at <http://cityofportsmouth.com/>.



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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Child Care Aware® of New Hampshire - Main Office
88 Temple Street, Nashua, 03060
(603) 578-1386, ccrrtraining@snhs.org