



ECE FREE VIRTUAL CONFERENCE
SPONSORED BY ECCLPS AND NJC

SATURDAY, JANUARY 30, 2021

8AM-4PM VIA ZOOM

(7 HOURS OF TRAINING)

**YOU MUST PRE REGISTER
TO PARTICIPATE**

REGISTRATION DUE BY JANUARY 28TH

SCHEDULE WITH SESSION DESCRIPTIONS AND PRESENTER BIOS

8-10AM: BUILDING CHILDREN'S LIFELONG SUCCESS (2 hours guidance, social emotional dev.)

In this session, participants will learn ways to teach children skills they need to be successful in life. They will learn ways to help children be the best they can be. It will focus on how to teach all children these skills and also children with challenging behaviors. You will learn about safety rules, positive guidance strategies, and which consequences help children learn and much more.

PRESENTER BIO: Julie Skinner was born and raised in Oklahoma, but always loved Colorado. She and her husband Dave relocated here 28 years ago, have been married 39 years, and live in Greeley. Julie began working in the field of Early Childhood in 1975 and has 25 years of caring for young children. She has worked primarily in centers for children birth to 5 years, but has also been a home provider and a center director. She has an AA in Early Childhood Education, a BA in Psychology with a minor in Family and Children's Studies, and a Masters in Agency Counseling. She is a registered Play Therapist/Supervisor and has always enjoyed working with children with behavioral challenges. For the past three years she has worked exclusively as a play therapist. Prior to working as a play therapist, she held three part-time positions: Mental Health Consultant for Weld County Head Start, AIMS community college instructor in ECE classes, and Weld County EQIT trainer and coach.



10-11AM. WORKING WITH CHILDREN ON THE AUTISM SPECTRUM (1 hour soc/emo dev)

Children on the spectrum can have a variety of behaviors based on the severity of their disability. What they all have in common is their difficulty in social communication, their difficulty in reading people. We will share stories and methods that are effective when working with children on the spectrum.

Presenter: Andrew Goff (tentative)

11-12NOON: HEALTHY SNACKS IN A SNAP (1-hour nutrition, health and safety training)

SESSION DESCRIPTION: This session will focus on how providers can create positive and healthy snack times for the children in their care. Participants will learn healthy snack ideas and ways for saving time and money when purchasing and preparing healthy snacks. Participants will also learn strategies to make healthy snacks appealing to young children.

PRESENTER BIOS: Heather Aguilar has been with Share Our Strength for almost 6 years now as a Program Associate for the Cooking Matters for Childcare Professionals program. While leading childcare professional trainings, Heather also manages statewide partnerships and relationships within early childhood education. She trains and supports partners who are bringing these trainings to their community to ensure best practices among the nutrition education and food skills courses. Heather has a BS in Food Science and Human Nutrition from Colorado State University.

Amber Troutman joined Cooking Matters in 2015. She has facilitated Cooking Matters for Parents and Families courses, coordinated grocery store tours, and maintained partnerships within the Denver Metro region. In 2019, Amber joined the Childcare Professionals Program at Cooking Matters to raise awareness and support relationships within the early childhood education community, and to reach childcare professionals and low-income caregivers through food skills education. Before joining Cooking Matters Colorado, Amber had over 4 years teaching experience, as well as an additional 4 years working in a variety of non-profit settings related to health and food security in diverse populations. Amber has her MS in International Development from Tulane University.

12NOON -1PM: LUNCH ON YOUR OWN**1-2PM A CHILD'S DIVERSE WORLD** (1-hour child growth & development, program planning &

SESSION DESCRIPTION: This session will focus on the development of beliefs about self and others that are fostered in early childhood. We will discuss aspects of what we are born with, or "nature", as well as the impact of our environmental influence, or "nurture". This session will include interactive discussions, activities, handouts, and tips for diversifying your classroom.

PRESENTER BIO: Jessica Harder was born in Sterling, CO and is an alum of Northeastern Junior College. After NJC, she transferred to UNC where she obtained her BA in Psychology and a MA in Clinical Mental Health Counseling. She is currently a Licensed Mental Health Counselor in the Logan County area. Prior to her clinical training, Jessica worked primarily with at-risk youth and in the treatment of addictions. Her post-grad work includes working with Substance Use Disorder, community counseling, and teaching at NJC. Jessica also has two amazing children, ages 12 and 6. The family also has the love of a one-year-old Golden doodle named Clover.

COVID-19

3-4PM. COVID 19 and Your Mental Health: Navigating the Stress, Anxiety, Fatigue and Uncertainty for Child Care Providers: (1-hour Prof Dev & Leadership) We can see the physical impact to COVID-19, but the isolation, money stress, and fear of contracting it is taking an often-invisible toll on mental health. People are dealing with the loss of tradition, a loss of routine. It may be the loss of their home, their business or even a loss of hope. As a therapist and mindset coach, I have seen those that are thriving and those who are not. Let's have a fun, interactive discussion about the difference between those who are thriving and those who are not! This will be a time for you to share your struggles and reach out to your childcare provider teammates for support and suggestions.

Presenter Bio: Chris "Rhino" Swenson, LMFT, is a licensed therapist, Mindset Coach, and author. He is the owner/founder of Rhino Wellness Center and Rhino Mentality Coaching online. He holds a Master's degree in Child Development and Family Science/Couple and Family Therapy Program from North Dakota State University. He is the author of "Rhino Life Lessons" and "Private Practice Warrior".

2-3PM LICENSING AND COVID UPDATES (1-hour health, safety & nutrition) SESSION DESCRIPTION: Licensing rules & COVID updates, new background check requirements for employees who have lived out of state in last 5 years, participants question/answers.

PRESENTER BIO: Jodi Gillespie, State of CO Licensing Supervisor

2-3PM. AFFORDABLE PLAY OPTIONS: UTILIZING YOUR SPACE AND WHY IT'S SO IMPORTANT! (ECHO: Early Childhood Health Outdoors) (1-hour health, safety, & nutrition)

SESSION DESCRIPTION: ECHO is based on a decade of research by North Carolina State University's Natural Learning Initiative on the Preventing Obesity by Design model. This research showed that by improving the design of outdoor spaces through affordable interventions and training early childhood professionals, young children and early childhood programs enjoy substantial benefits: Children are more physically active in the outdoors and engage in social interactions more often. Children and providers enjoy naturalized outdoor spaces and spend more time outside, supporting healthy behaviors. Hands-on gardening encourages the consumption of fresh vegetables and fruit.

PRESENTER BIO: Stephanie Mari-Edwards has been working with children and families for over 25 years. She found her passion in educating the community on the importance of quality caregiving. She also enjoys facilitating parenting classes, coaching early educators, and supporting early childhood champions any way she can. Stephanie grew up in Sterling and takes pride in Northeast Colorado and the community she lives in. Together, we are building babies brains!



REGISTRATION FORM

Name _____ Phone number _____

E-mail Address You Will Be Using to Join the ZOOM ECE Virtual Conference (PRINT CLEARLY)

Mailing Address (Winners of door prizes/certificates will be mailed.) (PRINT CLEARLY)

Please indicate which sessions you will be attending by checking the box:

- 8-10 Building Children's Lifelong Success
- 10-11 Working with Children on the Autism Spectrum
- 11-12 NOON Healthy Snacks in a Snap
- 1-2 A Child's Diverse World
- 2-3 LICENSING AND COVID-19 Updates
- 2-3 ECHO/ Affordable Play Options
- 3-4 COVID-19 and Mental Health

Please e-mail your registration to:

donna.bradylawler@njc.edu

OR

Mail to:

**Donna Brady-Lawler
Northeastern Junior College
100 College Ave
Sterling, CO 80751**

Questions? Call Donna Brady-Lawler at 970-521-6725 or ECCLPS 970-526-2440

**A BIG THANK YOU TO ECCLPS FOR THEIR SPONSORSHIP AND HELP WITH THIS CONFERENCE,
AND TO CHRIS SWENSON FOR DONATING AN AUTOGRAPHED COPY OF HIS BOOK "Rhino Life
Lessons" FOR A DOOR PRIZE.**

WE WILL HAVE GIFT CERTIFICATES FROM LOCAL BUSINESSES FOR DOOR PRIZES THIS YEAR.

